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APRIL 1990 VOL. 12 NUMBER 4
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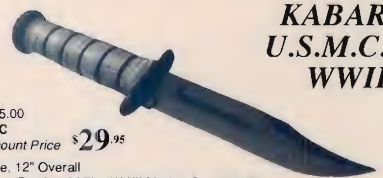


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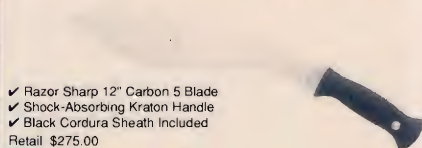
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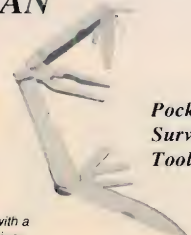
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AMERICAN SURVIVAL

The Magazine of Self Reliance

GUIDE

APRIL 1990 VOLUME 12 NUMBER 4

COVER:
MK Arms' 9mm semiautomatic carbine and submachine gun (not shown) are based on the M45 Carl Gustaf (Swedish K) and S&W M76 submachine guns. See page 24. Inset: low-moisture storage foods. See page 76 (Photos by Scott Stoddard).

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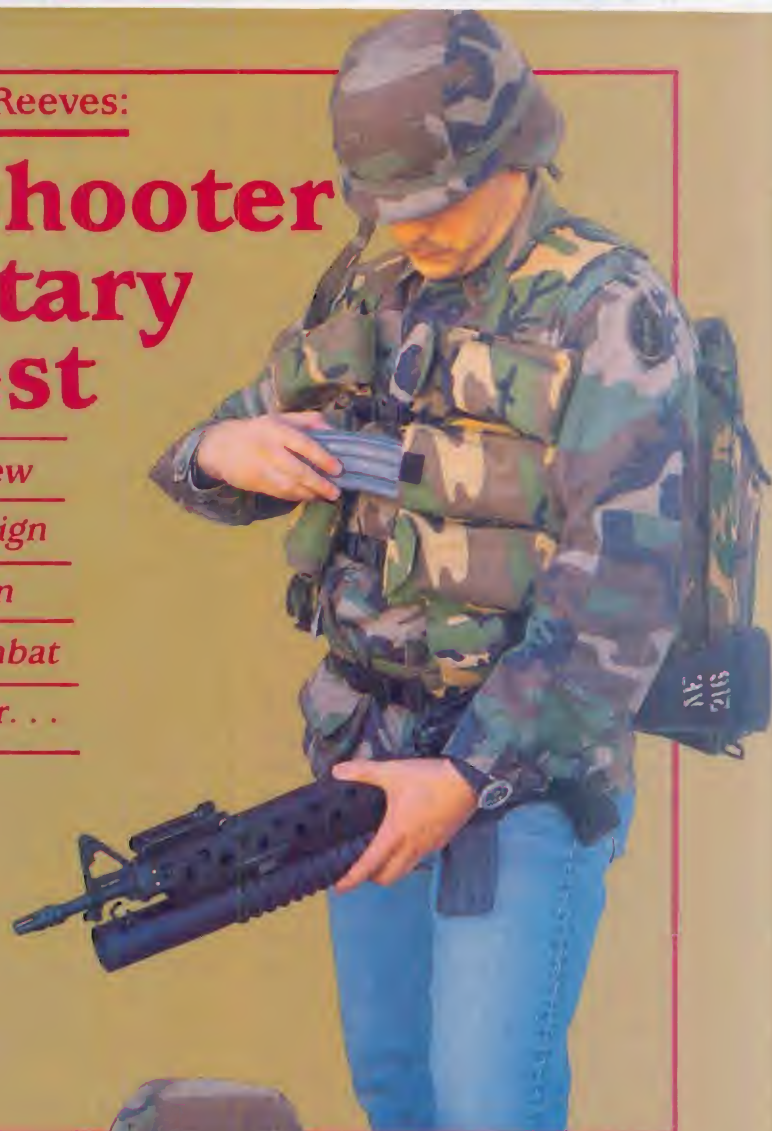
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Staff Report

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IN late January American gun owners were once again confronted with a Big Media blitzkrieg on private firearms ownership. This time ABC News and *Time* magazine got together to deliver a combined strike at the gun owning public.

Time's January 29 cover "story" was on the National Rifle Association. Its cover featured NRA President Joe Foss holding a revolver with the title: "WHO IS THE NRA? A look at America's embattled gun lobby."

ABC News came out the same week with its program "GUNS" narrated by evening news anchor Peter Jennings and followed up after the program with a forum on guns and gun control including appearances by prominent pro- and anti-firearms-ownership personalities.

While I couldn't help but conclude that both pieces were overall anti-firearms ownership, ABC was undoubtedly the best of the two in that it at least made an attempt at providing some balance and fairness in its reporting on the subject. Many good points were brought out after the program during the forum discussion.

The "GUNS" program was complete with melodramatic music and the usual interviews with crime victims' families expressing horror and grief and public officials decrying violence and demanding stricter controls and outright bans on firearms.

As you would expect, the January 1989 Stockton, California, school yard killings by the psychopath Patrick Purdy were the focal point for the ABC program, which expanded to consider violence and death committed by people using guns elsewhere in Stockton as an example of overall gun violence in America.

Peter Jennings did note, although very briefly, that much of this gun violence stems from the drug trade. But typically, the program dwelt on guns and violence with guns — the symptoms of a national problem rather than the problem itself: millions of Americans using illegal drugs, drugs which are outlawed yet are still widely available.

The *Time* cover "story" on the NRA was a revolting hatchet job intended to undermine support for the nation's largest and most influential pro-firearms-ownership organization. It was the kind of nauseating propaganda you can anticipate from the left-leaning, arrogant clique of anti-gunners at *Time*.

TO THE POINT

Media giants ABC News and Time magazine gang up for an assault on American firearms ownership...



The headline in large bold type above this "story" said: "UNDER FIRE" and below it the subhead: "The N.R.A. is more than just another special interest group — but like many empires it is neither as imposing nor as invincible as it looks."

Included in the piece was another of those marvelous opinion polls in which 605 "gun owners" were interviewed, without mention of the methods used or how the questions were phrased. From the poll results *Time* found that 87 percent of American gun owners want a waiting period for gun purchases, and 73 percent want mandatory registration for semiautomatic guns. Remember, the *Time* poll in 1988 that found that if Jesse Jackson and Michael Dukakis ran on the same ticket they would defeat George Bush?

The *Time* article went on to tell about the NRA losing "critical battles" over "cop killer bullets" (which have never killed any police officer) and "plastic guns" (which don't exist). "The question for the N.R.A.," the article concluded, "is whether it will continue to speak for a large body of opinion or dwindle into sound and fury from the margins."

Anyone placing much stock in *Time*'s "reporting" on the NRA or public firearms ownership should be aware of the magazine's longstanding anti-firearms-ownership position. Here's a quote from a letter *Time* sent to its readers in

1982: "...the point has now been reached where, in our judgment, the solution (to gun violence) is not tighter controls but an outright ban... A nationwide ban on private possession of handguns..."

How ironic that both ABC News and *Time* are part of communications conglomerates that capitalize heavily on the glorification of guns and violence in movies and television programs while these "news" organizations continually harangue the public about the supposed gun violence problem in America.

If they were truly concerned about saving lives we would be seeing them employing the same twisted logic they use in their repeated anti-gun-ownership propaganda to attack American automobile and truck ownership. After all, far more people die every year in this country in vehicular mishaps than by guns, even including all the suicides with guns. And after all, why do you need a Corvette or a Porsche or a Mustang? Why do you need to go faster than 55 mph? Imagine the impact of the loss of all that lucrative automotive advertising and the unpopularity this might bring about. No. I doubt we'll ever see these two Big Media empires resorting to hysterical editorializing about auto accidents the way they are obsessed with doing about firearms violence. So much for the public interest — *Jim Benson*.

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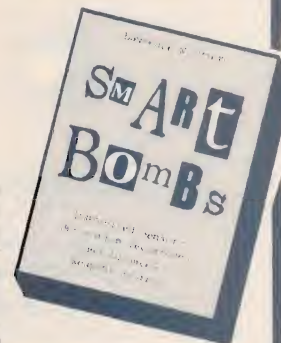


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SURVIVAL LINE

*National computer network vulnerability cited,
EPA warnings about radon gas go largely unheeded,
estimated rise in world sea levels scaled back,
Soviet crime rise reported. . .*

IN the past three years, according to Contingency Planning Research (CPR), Inc., a New York-based disaster planning firm, there have been some 296 large and small-scale disasters that knocked out major corporate and government computer systems. These systems, along with the U.S. telephone network are proving more and more vulnerable to the effects of disasters, whether natural or man-made.

In the aftermath of Hurricane Hugo and the San Francisco earthquake, disaster planning has become a hot topic in the halls of corporate America. According to CPR, some 90% percent of Fortune 500 companies have at least limited plans for coping with the effect of disaster. Virtually all have plans which will allow the recovery of computer data that might be lost. However only about 12 percent of U.S. companies have a broad-based, long-term disaster recovery plan.

One computer scientist, Joe Weizenbaum of MIT, summed up the potential effects of disasters on the nation's technological infrastructure this way, "We've become too dependent on technology. . . We're going to have information catastrophes, and some of them will resemble nuclear catastrophes."

Radon Apathy — According to the Environmental Protection Agency, EPA, American homeowners have been ignoring the warnings issued by the agency concerning the dangers posed by radon gas. In 1987 the EPA rated the presence of radon in the home as the number one environmental hazard in the nation. Yet to date only about 2 million of the nation's estimated 90 million homes have been tested for the presence of radon. Current EPA estimates are that as many as 10 percent of the homes in the nation may have unsafe levels of the colorless, odorless, cancer-causing gas.

To help in combating the apparent public apathy to this problem, the EPA, working in conjunction with the non-profit Advertising Council will

soon begin airing public service announcements about the dangers of radon gas. In addition, the agency has established a toll free radon hot line to provide callers with information about the health effects of radon and the various home radon test kits now available. Those interested can reach the radon hot line at 800 SOS-RADON. Additional radon information can also be found in the April 1987 edition of *ASG*, (p12—"Radon — The Hidden Danger").

Drop In The Bucket — Scientists are beginning to scale back their estimates of the rise in sea levels which might result because of the so called "greenhouse effect." Initial estimates were that global warming due to the greenhouse effect could raise sea levels by as much as three feet by the year 2050. Newer estimates, using more advanced computer models, show that the rise in sea levels over the next 60 years should be closer to one foot. While the damages to U.S. shorelines and coastal areas will be considerably less with a one foot rise than they would have been with a three foot rise, researchers note that even a one foot rise in sea levels could push U.S. shorelines back by as much as 100 feet.

Strange Soviet Statistics — It used to be said that even if there was nothing else positive about living under communism in the Soviet Union, you could at least walk the streets unafraid of crime. Even that seems now to be changing.

For the first time the Soviet Ministry of Internal Affairs has begun releasing crime statistics. In the first 7 months of 1989 serious crimes rose by 40.2 percent. Street crime jumped a staggering 82.4 percent. Drug addicts committed some 1,456 offenses and some 10,000 other crimes were classified as drug related. The strangest statistic — in the first 7 months of 1989 some 48,000 firearms were confiscated from Soviet citizens. ●

SI

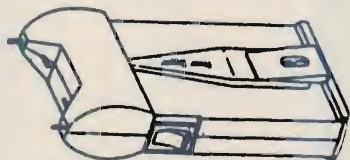
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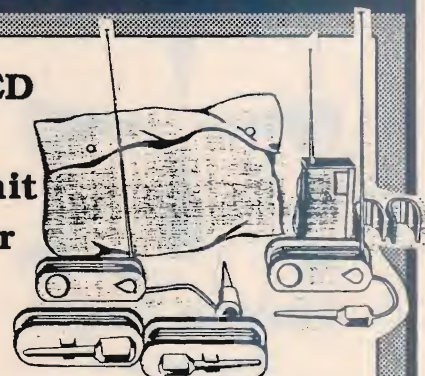
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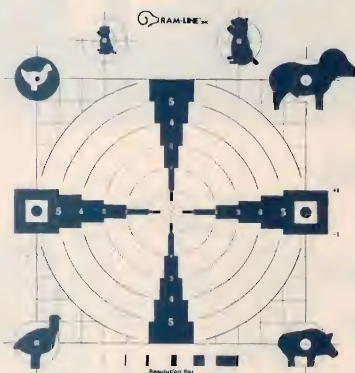
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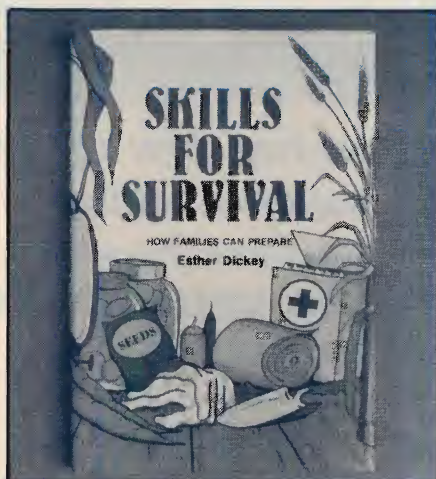
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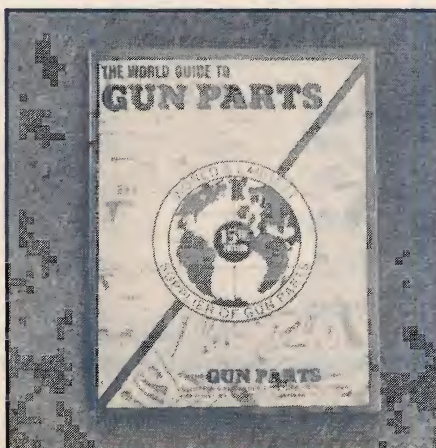
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BOOKS/VIDEOS



Skills for Survival, How Families Can Prepare, by Esther Dickey. SI Outdoor Food & Equipment, 15600 S. Figueroa Street, Dept. ASG, Gardena, CA 90248; (213) 324-8855. 224 pages, hardcover; \$14.95 plus \$1.25 shipping and handling.

This innovative book presents new insights for survival, self-sufficient living, gardening and cooking. Esther Dickey surpasses the information imparted in her popular book, *Passport to Survival* (dealing mainly with food storage and preparation) and goes on to instruct the reader in the preparation of ointments, tinctures, salves and many other useful products that can be manufactured at home. Learn how to organize the home and the family into a more efficient unit, how to remain healthy at all times, and where to go for assistance in case a medical emergency arises. An extensive chapter on emergency preparedness shows the reader such practical skills as how to stay cool without air conditioning, how to keep warm without a furnace, how to distill water, and the construction of other emergency equipment and conveniences.

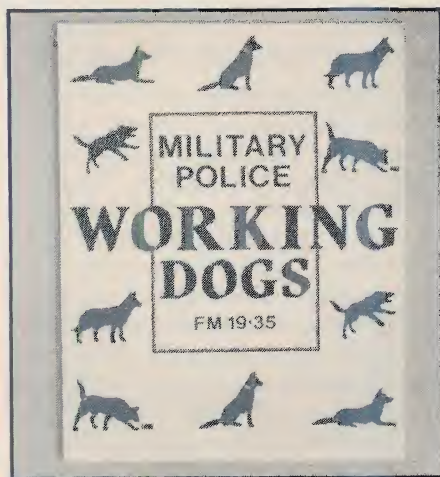


Military Mountaineering, Headquarters, Department of the Army, April 1989. Sierra Supply, P.O. Box 1390, Dept. ASG, Durango, CO 81302; (303) 259-1822. 550+ pages, softcover. \$22 postpaid in the continental U.S. \$25 postpaid in Alaska, Hawaii and Canada.

A very complete government manual on mountaineering equipment, climbing techniques, mountain navigation, survival and rescue work. The use of rope, knot tying, anchoring, pulley systems, traverses, and suspension bridges are some of the subjects covered in this exhaustive work. There is a large section on winter travel including the skills of weather forecasting, avalanche hazards, and crevasse rescue. For those interested in mountain travel, backpacking, cross-country skiing or search and rescue work, this manual is a must.

The World Guide to Gun Parts, 15th Edition. The Gun Parts Corp, Dept. ASG, West Hurley, NY 12491; (914) 679-2417. 536 pages, softcover; \$5.95 in the U.S. or \$10.95 in foreign countries.

Hobbyists, collectors, sportsmen and gun enthusiasts will find this catalog to be one of the best sources for gun parts, services, and special interest items. With an inventory of over 350 million gun parts, there is usually no problem finding the items you need. Colt, Marlin, Mauser, Remington, Ruger, S&W, Winchester and more. Virtually every page contains illustrations and exploded views of rifles, pistols and shotguns listing part numbers and prices.



Military Police Working Dogs, FM 19-35, Paladin Press, Dept. ASG, P.O. box 1307, Boulder, CO 80306; (800) 642-8300 ext. 24; 69 pages, softcover; \$12 plus \$3.50 S&H.

This reprint of the military manual FM 19-35 provides general guidance on the employment of military police working dog teams in law enforcement and security missions and establishes standards for team technical proficiency and operational effectiveness. Security missions and law enforcement rely on military police dogs' keen instincts to perform the tasks humans are incapable of: detecting explosives, narcotics, and contraband; defending critical areas against unauthorized penetration; patrolling, pursuing and attacking; and holding persons trying to evade arrest. Used for training and maintenance by U.S. military police working dog teams, FM 19-35 is an essential guide to understanding dogs and how they can expedite mission accomplishment. Included is coverage of patrol dogs with sections on employment techniques, maintaining proficiency, tracking and building and area searches; employment of sentry dogs; basic and advanced narcotics detection training techniques; in-service evaluation procedures and obedience training. This manual helps the user to determine requirements for the military police dog working teams, establish operational procedures for optimum use of the canines and supervise training.

Smart Bombs, Improvised Sensory Detonation Techniques and Advanced Weapons Systems, by Lawrence W. Myers. Paladin Press, P.O. Box 1307,

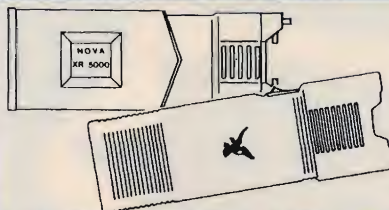
(Continued on page 43)

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Mini Folding Mamba

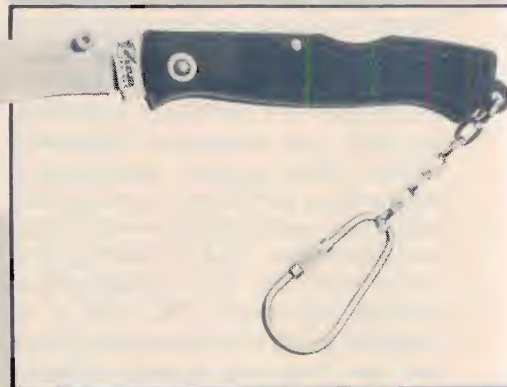
This is a key chain version of the Lightweight Folding Mamba and is made with the same materials. The blade is made of high carbon stainless steel hardened to 57-59 Rc and the handle is molded Zytel reinforced with fiberglass. The Mini Folding Mamba measures three inches (closed) and has

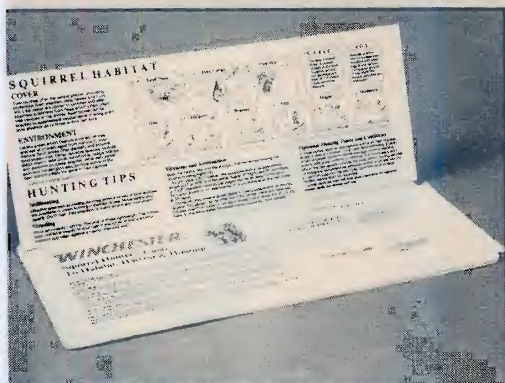
an easy opening stud on the right side of the locking blade. A great little pocket knife for the low price of only \$14.95. Contact: Blackjack

Knives, Dept. ASG, 7210 Jordon Ave., #D-72, Canoga Park, CA 91303; (818) 902-9853.

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Squirrel and Rabbit Guide

Novice and experienced squirrel and

rabbit hunters alike will find the new Winchester Rabbit and Squirrel Guide to habitat, harvest and hunting a handy aid to finding the best places and times to hunt. The guide includes useful information from a number of state game and fish departments and is useful in locating the most likely spots to find rabbits and squirrels. This handy guide contains seasonal information and feeding patterns that will help hunters bag their limit. The information will be very useful in helping hunters, farmers, and land owners create high populations of both rabbits and squirrels.



Mini Anglehead Flashlight

This "mini" is exactly ½ scale of the original U.S. mil spec anglehead. With a powerful halogen bulb it probably has a more intense although smaller beam than the fullsize original. The mini anglehead has four filters (red, green, yellow, and white) and has a spare bulb also. It uses two AA alkaline batteries (included) and can clip on to a belt or shirt pocket. Olive drab color. The price is \$9 postpaid in the Continental U.S. and \$10.50 in Hawaii, Alaska and Canada. Contact: Sierra Supply, P.O. Box 1390, Dept. ASG, Durango, Colorado 81302; (303) 259-1822.

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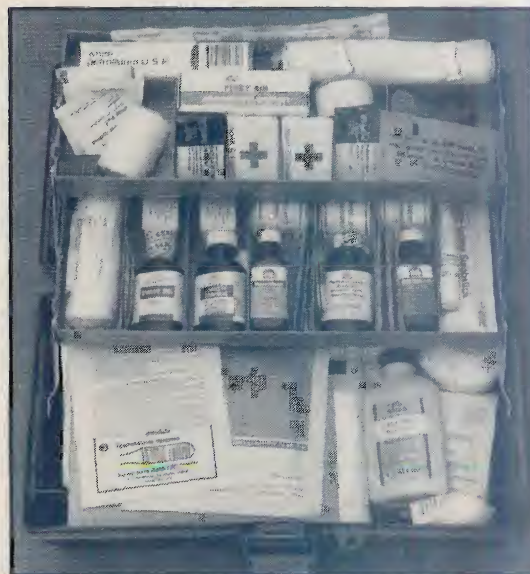


SI Blackout Kit

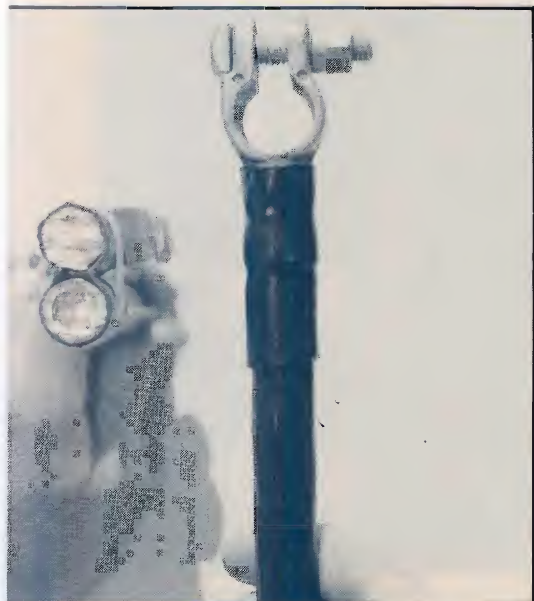
This lamp is made by Aladdin, the people who make the famous kerosene mantle lamps. The Blackout kit lamp was designed especially for emergency use and does not feature the Aladdin mantle. It does use a round wick for better light production and burns cleaner than the older flat wick lamps. Included is a quart of special fuel that has a pleasant odor when burning. These lamps burn much cooler than the mantle lamps. Price is \$19.95 plus \$3 shipping and handling. SI Outdoor Food & Equipment, 15600 S. Figueroa Street, Dept. ASG, Gardena, CA 90248; (213) 324-8855 or (800) 533-7415 outside California.

Can of Life

Here's a tiny survival kit that is packed inside an airtight can that can be stowed away in your car, boat, plane or R.V. Can of Life includes the following items: a survival type space blanket, 125 ml of emergency drinking water, instant coffee, non-dairy creamer, wing type stove, hexamine solid fuel, water-proof matches, sugar packet, candy, candle, fluorescent marking tape, and survival instructions. Retail price is \$14.95 plus \$2.25 shipping. Contact: J&S Sales, P.O. Box 652, Windsor, CT 06095; (203) 683-1280.



NEW PRODUCTS



Copper Battery Terminals

These new copper battery terminals have 10 times more conductivity than commonly used lead terminals, the leading cause of battery failure. Many people mistakenly blame battery fail-

ure on the battery itself, when the problem is with the connecting terminals. Most batteries are hooked up using conventional copper cables with bolt-on terminals made of lead affixed to each end. Lead has a conductivity of only eight to 10 percent compared to 97 percent for copper. To get batteries hooked up with virtually no loss in conductivity, Southern Fastener Co. Inc., has introduced crimp-type connecting terminals constructed of copper with a corrosion resistant plating for making your own highly-efficient battery cables. The connections are copper to copper, so there are no dissimilar metals involved to cause resistance or create corrosion. An exclusive teflon-coated heat shrink sleeve has also been developed which seals cables and connectors against battery gas, moisture, oil and anything else that can cause corrosion. Terminals are priced at \$3.99 each. For further information contact: Southern Fastener Co., Inc., Dept. ASG, 4845 Homestead, Suite 520, Houston, TX 77028; (800) 847-5685 or in Houston call (713) 676-2726.



Under Cover Holsters

DeSantis Holster & Leather Goods announces the release of two new concealment holsters: the "Inside High Ride" style #6 and "Cozy Partner" Style #28. Developed in cooperation with law enforcement agencies, these holsters have been designed to meet the challenging restrictions of under cover operations. The Inside High Ride holster (\$36.95) carries the weapon comfortably in the natural hollow just above the hip at an angle that makes it readily available. The holster has a positive release snap and contour fit and is both secure and unobtrusive. The Cozy Partner design (\$34.95) incorporates the same standard features with the exception of the snap, which has been eliminated for those who prefer to rely solely on the holster's molded contours to hold the weapon in place. Made of leather and double stitched at all stress points with bonded nylon cord. Contact: De Santis Holster & Leather Goods, Dept. ASG, 149 Denton Ave., New Hyde Park, NY 11040.



Military Combat Pack

This official issue pack is actually two packs in one: a larger main pack and a smaller top pack. Worn either together or separately, the combined volume equals 6,590 cubic inches of cargo space. The large pack has a main compartment which features a drawstring closure, a load extension sleeve with drawstring, an inside pocket and a laced bottom that may be opened into a separate bottom compartment. The exterior features an adjustable internal frame system that may be fitted to the curve of your back to minimize load strain. Other features include: three easy access equipment pockets, equipment loops, slotted pockets, webbing of A.L.I.C.E. equipment attachment, hand carrying loop, adjustable padded quick release shoulder straps and waist belt, an elastic sternum strap, lumbar pad and an extra bottom compartment for your sleeping bag. All buckles are quick release. Entire system retails for \$369.95 from U.S. Cavalry, Dept. ASG, 2855 Centennial Avenue, Radcliff, KY 40160-9000; (502) 351-1164.



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A sealed chamber of air is actually the mainspring of the new Beeman RX. Imagine a sealed, air filled shock absorber and you have a device which

is not unlike the power plant of this amazing gun. The RX is cocked like any other barrel-cocking spring piston airgun but the cocking action compresses a cylinder of air instead of compressing a steel mainspring. When

the trigger is pulled, the compressed air expands and drives the piston forward. Unlike a pneumatic or CO2 gun, the sealed air is not released up the barrel to produce a loud discharge and unlike an airgun with a steel mainspring, the airspring cannot take a "set" or fatigue with time. The power of the gun can be regulated by pumping air from a small handpump into an inlet in the receiver. Velocities of up to 1,200 feet per second are possible. For further details contact: Beeman Precision Arms Inc., 3440 Airway Drive, Dept. ASG, Santa Rosa, CA 95403.

PAK-HEAT Pocket Warmers

PAK-HEAT portable warmers contain all-natural ingredients that, when exposed to air and friction, begin producing a safe, comfortable heat for hours. Available in mini and regular sizes, they can be used on-the-job and for recreational activities like skiing, hunting and camping. The unopened pouch stores for approximately two years. The regular size fits into any

shirt, jacket or pants pocket and lasts up to 20 hours when activated and is comparable to a low-medium setting on a conventional heating pad. The mini size lasts for up to 12 hours and can fit into gloves and boots. Six regular size pouches are priced at \$10.95 and a mini size 12-pack goes for \$14.95. For more information contact: Order Department-ASG, EJW North America, 1031 Cambridge Square, Suite D, Alpharetta, GA 30201; (404) 664-9322.

Al Mar "4x4"

Patterned after the "Escape Knife" used by OSS Field Agents in WWII, Al Mar has re-discovered this compact and versatile piece of cutlery. The "4x4" design offers both a three-inch conventional blade and a 2¾-inch spyder serrated cutting edge, Phillips screwdriver, a combination file/cross-tip screwdriver and wirecutter pliers. Constructed from AM-6 stain resistant steel to serve you trouble-free for a life-

time. It weighs only nine ounces and has a rugged nylon scabbard with horizontal and vertical belt loops. The Al Mar "4x4" retails for \$119.95 and is available through U.S. Cavalry, Dept. ASG, 2855 Centennial Avenue, Radcliff, KY 40160-9000; (502) 351-1164.

Uncle Mike's Molded Grips

Handgunners who like the style, comfort and action of fine custom stocks but want the durability and performance of molded grips now can enjoy the best of both worlds. Uncle Mike's has introduced its new line of "Custom Grade" molded grips for most popular revolvers and autos. Craig Spiegel, an IPSC competitor, was commissioned to design the grips. They are molded of a tough and durable elastomer, a product that is both lighter and firmer than ordinary rubber grips. The suggested price for grips fitting revolvers is \$18.95 and \$16.95 for autos. Send \$2 for a 40-page full color catalog to: Michaels of Oregon, P.O. Box 13010, Portland, OR 97213. ●

AMERICAN SURVIVAL GUIDE/APRIL 1990 15

The Call for Help



Chief Kyle Huber of the Staples, MN Police Department stands next to a squad car displaying a 911 sticker. Many departments do this as a constant reminder for the public.



Deputy "Butch" Peterson of the Crow Wing County, MN Sheriff's Department operates a PSAP (public safety answering point). Modern communications boards are able to handle many emergencies and delegate and send appropriate help where it is needed.

Things to

remember

when

dialing

911...

By Ralph LaPlant

EVERYDAY in the United States, thousands of people call for the help of law enforcement agencies, fire services, or emergency medical services.

We've come a long way when it comes to calling for help, mainly thanks to technology and education. We now have telephones, two way radio communication, computers, and have educated people in the proper techniques to use when requesting emergency help.

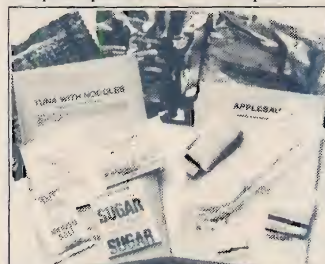
The present day emergency dispatcher is a specialist in his or her own right. The equipment used in some areas is state of the art. All of this did not come easily; let me explain.

I remember when (and that was not too awful long ago) that people would call the operator for an emergency. Where I live, that operator can be in another part of the state! How familiar are they going to be with the intimacies of my area geographically? The trend to call the operator when an emergency occurs changed to calling the law enforcement agency that has control over the area you are in at the time of the emergency.

If you did not know where you were, such as if you are driving through the suburban areas of cities like Chicago or Los Angeles, who do you call? If



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 - ◆ GI Plastic 1 Qt. Canteen, 2-piece cap. OD or Black. PCQ82 **\$2.00**
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 - ◆ LC2 First Aid/Compass Pouch. ALC229 **\$2.95**
 - ◆ Shotgun Ammo Pouch, Holds 12 shells. ALC112 **\$7.95**
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you are out in the country and an emergency occurs and you happen across a roadside telephone, what county are you in? Is it county or state law enforcement that handles the emergency?

The need was recognized for a standardized system of calling for help and for sending it. 911 is one that seems to be working well. You'll notice it is nine-one-one, not nine-eleven. There is no eleven on the telephone dial. This may seem basic to most of us, but how about children, the elderly, the confused, and the retarded? Something to think about.

When 911 is dialed, the call is received at a PSAP (public safety answering point). This PSAP should have control over who will be sent to the emergency, depending of course on the information received. They should have direct communication with law enforcement, fire services and rescue, emergency medical services, poison control, crisis and suicide intervention, and other support services depending on what's available in the area. In some areas the 911 system is enhanced.

When the call is received at a PSAP, the name and address of the phone subscriber from where the call originated is flashed up on a screen along with

the proper law enforcement, fire department, rescue squad, and ambulance service. Often direct radio and telephone communication is available, and help is on the way in a matter of seconds. In some areas, poison control can be patched in as well as other support services.

Not all areas of the country are serviced by 911 and PSAPs. I strongly suggest that as a plan for system entry that you NOW have the appropriate number or numbers to call posted, not just memorized, and placed by each telephone. In an emergency, you can not count on your memory to come through for you, so posting the number where it will be seen is a must. I would also post next to the number, the address of where you are calling from, as again, memory can fail you.

If and when you call for emergency help, you should be prepared to give the following information: The nature of the emergency; the location of the emergency; directions to the emergency; what is changing the emergency, if anything; the caller's name; the telephone number that you are calling from. Let's discuss these points one by one.

When calling for help, the nature of

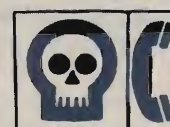
the emergency dictates the type of help that will respond. Obviously, where there is a crime or potential crime being committed, law enforcement should be sent. Where there is a fire, the fire department should be sent. When someone is ill or hurt, the emergency medical services system should sent.

What is sent depends on the picture painted of the particular emergency as

EMERGENCY TELEPHONE NUMBERS

Fire 911 _____
My fire number is _____
Ambulance 911 _____
Police/Sheriff 911 _____
Lakewood Clinic 1-800-525-1033

(Local Calls) 894-1033
**United District
Hospital & Home** (218) 894-1515
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REGIONAL
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1-800-222-1222
VOICE/TDD

The Call for Help

given by the caller and interpreted by the dispatcher. The point of all this is that the caller should be as specific as possible as to the type of emergency and of the facts known. Is the car that hit a tree on fire or are its occupants hurt, needing to be extricated by a rescue squad? Things like this will determine who will be sent initially.

When it comes to giving the location, again try to be specific. Is it on Lyndale Avenue West or East? What's a close cross street? What apartment number? Which freeway lane? Which softball diamond? Being specific will help the needed services get there quicker.

Directions to the emergency are important, especially in rural areas as addresses and road signs are spread farther apart than in the urban and suburban areas.

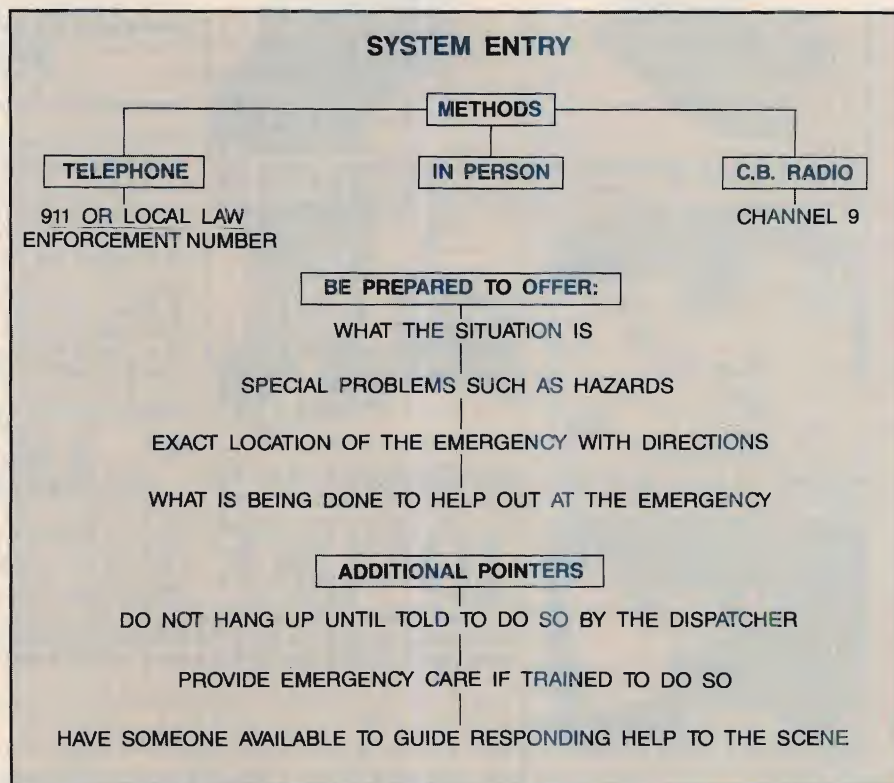
It is important to give the directions if at all possible from the place the services will be sent rather than the way you'd drive to that place. "Take the second gravel road south of 212 to the right." If you were responding from the South, how the hell would you know where to turn?

What's being done at the emergency and if it's changing is important information to be known by the dispatcher. Has poison control been notified? Which direction did the burglar flee? Is he still trapped in the mechanism of the corn picker? These things could determine who will be sent.

Your name and telephone are important, especially when the system is not enhanced. Often not enough information is obtained or the caller hangs up prematurely. The dispatcher can call back only if the number is known. Don't forget extension numbers. Your name is especially important if you are calling from a bus terminal, airport, or other place where there are a large number of people congregating.

Sad to say, prank calls are quite frequent. Some dispatch centers will call back to verify certain calls, like when you order a pizza, so again be prepared to give your name and number you are calling from.

Do not hang up unless you have to. You may have felt that you have adequate information, when in reality something vital was left out. If the dispatcher does not tell you to hang up, ask if it is OK to do so. Obviously if



you are in imminent danger by staying on the phone, hang up after giving the information, telling the dispatcher that you are in danger. Be patient with the dispatcher, as again certain information has to be obtained.

Speak slowly and deliberately. Use a phonetic alphabet if need be. Fire number KS200. The K could sound like an A, the S like F, etc. You should say "my fire number is K as in King, S as in Sam 200."

Have a plan of who will be called if and when the need arises. Rehearse, mentally, what you would say to an emergency dispatcher when you would call. If you travel, observe the front of telephone books as they often have accurate emergency calling instructions. Have these available, if at all possible during your stay. If you leave your children in the care of baby-sitters, have the baby-sitter informed as to what to do in an emergency and how help can be reached.

Finally, use common sense. Put yourself in the seat of the dispatcher taking your call. What would you need to get the needed help to your problem.

Remember, public safety is as strong as its weakest link. Do your part by calling promptly and properly. ●

EMERGENCY TELEPHONE INFORMATION

POLICE _____

FIRE DEPARTMENT _____

EMERGENCY MEDICAL SERVICES _____

POISON CONTROL _____

MY DOCTOR OR CLINIC _____

FRIEND/RELATIVE/NEIGHBOR _____

MY ADDRESS _____

MY FIRE NUMBER _____

MY TELEPHONE NUMBER _____

DIRECTIONS TO MY HOME _____

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Looks like an ordinary desktop stereo speaker, but it actually has a powerful infrared sensor with a whopping 60 x 60-foot range built into the cabinet. Whenever an intruder steps into scanning field, Super 6X emits an incredibly loud, piercing alarm. And the whole unit is powered by six pen light batteries. Small (7" x 4-1/2" x 8") and lightweight (about 3-lbs.). Take it anywhere - ideal for ANY security situation in the home, shop, work site, yard; for surveillance and military applications. Features: security key switch arms/disarms the unit; entry and exit delay adjustments; automatic reset timer; blinking indicator lights; terminal strip with built-in ports to accept accessories such as sensors on doors/windows. AC adaptor, pressure sensitive mat, external horn, etc. One year warranty. The Super 6X will absolutely BLOW YOU AWAY with its range and loud db alarm. Order TODAY for just \$68.50 postpaid.

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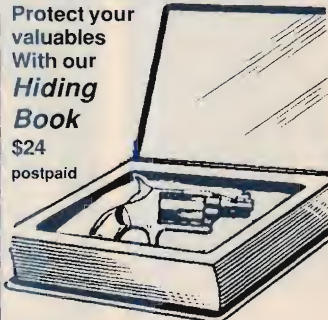
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A selection of coverings for emergencies or everyday use. . .

Staff Report



Clockwise from top, U.S. Navy 70 percent wool blanket, 70 percent wool face blanket, 100 percent wool Canadian military hospital blanket, Hudson Bay style wool blend blanket.



SI's emergency space blankets are light, compact and durable.



Emergency space bag.



U.S. military combat casualty blanket.



Sportsman's Polarshield blanket.



Emergency space blanket.

B LANKETS are an essential item for providing warmth under a variety of circumstances. Good quality blankets are always a valuable commodity whether they are for everyday

use or for emergency protection.

SI Outdoor Food & Equipment has a selection of excellent quality 100 percent wool and wool blend blankets as well as several types of very light

weight and compact metalized emergency coverings at bargain prices.

In the wool selection, there are the 70 percent wool U.S. Navy specification full size blankets for \$18.50 each plus

\$3 S&H or two for \$39 postpaid. SI also has new 100 percent English wool Canadian hospital blankets made for the British and Canadian military measuring 70 by 80 inches each. These are available for \$29.95 plus \$3.50 S&H each or two for \$85 postpaid. Then there are the Hudson Bay style wool blended blankets loomed in Mexico in full size for \$9.95 plus \$2 S&H each or two three for \$29.95. Additionally, SI has new commercial 70 percent wool face blankets which are machine washable. The faces are 70 percent new wool while the middle layer is Olefin. These measure 62 by 82 inches and sell for \$14.50 plus \$2 S&H each or two for \$29.50 postpaid in the continental U.S.

SI's metalized emergency blankets line includes the U.S. military combat casualty blanket, a heavier and larger (56 by 93 inches) version of the popular emergency space blanket. This all-weather blanket made from material developed for use by astronauts is OD green on one side and bright silver on the other. It's light, compact, durable, waterproof, with grommetted corners and is flexible even in sub-freezing weather. Used by U.S. government, military, police and rescue organizations. Price is \$10.95 plus \$1.75 S&H each.

A smaller (50 by 82 inches) and heavier version of this blanket with all silver on one side and blue on the other and grommetted corners is the Sportsman's Polarshield Blanket. Price is \$11.95 plus \$1.50 S&H each or two for \$20 postpaid.

Also available are the thermal reflective emergency space bags made of the same metalized polyester materials as the popular space blankets. These resemble a sleeping bag in shape but weight only a few ounces, are bright silver in color and measure 36 by 84 inches. They are tough, durable, radar reflective and will retain up to 90 percent of body heat and remain flexible down to minus 40 degrees. Available for \$9.95 plus \$2 S&H each or two for \$19.95 postpaid.

And last, there's the mylar emergency blanket (84 by 52 inches) made of aluminum laminated polyethylene with the same properties as the emergency space bag and selling for five blankets for \$12.50 postpaid or 10 for \$22.50 postpaid.

Order from SI Outdoor Food & Equipment, Dept. ASG, 15600 S. Figueroa St., Gardena, CA 90248; (213) 324-8855 or 8859; toll free outside California (800) 533-7415. ●

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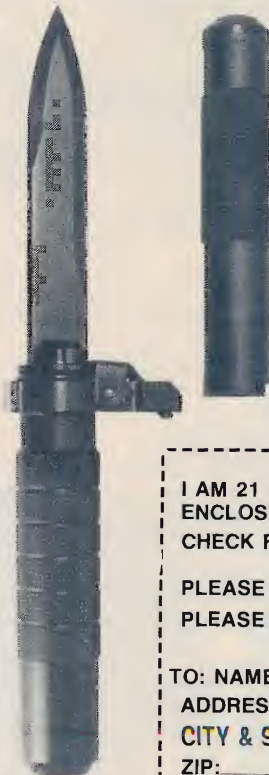
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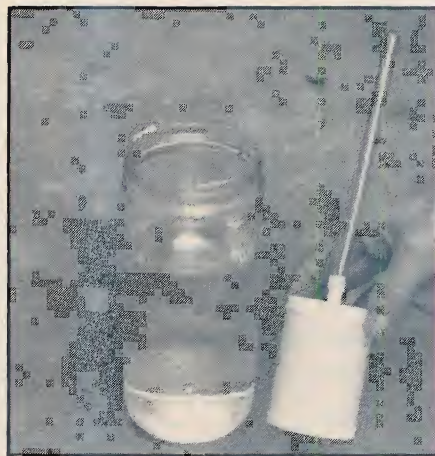
pump

operated,

portable. . .

The adapter tube allows excess water to be pumped out of the filter prior to storage.

The straw allows the user to drink water directly from the filter.



Staff Report

THIS lightweight portable water filter uses no chemicals and removes Giardia cysts and other amoebas without affecting taste.

It will not protect against bacteria or viruses and if you suspect your filtered water may be contaminated with these be sure to boil thoroughly before drinking.

The filter can be used with its hand pump or like a straw. The unit includes a 6-inch tube that can be connected directly to the filter element to use it as a straw. Also included with the filter is a 24-inch discharge tube with a spring weight on one end to anchor the tube in a storage container, and a 14-inch adapter tube to allow the user to pump excess water out of the filter prior to storage. The filter is a positively sealed cartridge that removes all particles and micro-organisms down to 2 microns in size. It can filter up to 400 gallons of water, depending on clarity. Total unit weight is 6 ounces.

The price is \$24.95 plus \$1.50 S&H or two for \$49 postpaid. Extra filters are \$13.95 each postpaid. Order from SI Outdoor Food & Equipment, Dept. ASG, 15600 S. Figueroa St., Gardena, CA 90248; (213) 324-8855 or 8859; Outside California call toll free (800) 533-7415. ●



The Two Way filter removes Giardia and other amoebas.

The unit comes with pump, filter, discharge tube, adapter tube and straw. Total weight is 6 ounces. Extra filters are also available.



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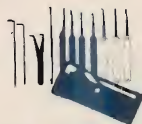
Lockaid \$69.95



PIX MODEL 13

This deluxe yet compact kit features 11 of the most commonly used tools. Comes in a slim cowhide leather case for discreet undercover operatives. As a special bonus, a 5 piece set of **warded picks is included**. A 16 piece set total. Also included, a copy of "Lockpicking Simplified." Receive all this at a Low price of:

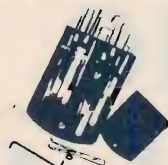
PIX 13 \$42.95



PIX-QUICK MODEL A

These high quality picks feature new lighter non-breakable plastic color coded handles. Picks are of .022 blue spring steel... hardened to perfection. Eight piece set comes with handy see-through case with two extra pockets and a copy of "Lockpicking Simplified."

Model A \$22.95



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Same color coded set as Model A. Only with deluxe 13 pieces. Price includes tension wrench and book.

Model B \$29.95

PIX-EZ All-In-One Pick-Set

100% American Made! As convenient to carry and use as a pocket knife! Only 4 inches long, half inch square, weighs under five ounces, works fast and opens pin and water tumbler locks quickly, with very little effort. Six tempered spring steel picks, tension wrench.

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\$9.95



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Complete Guide to Lockpicking	\$12.00
Improvised Lock Picks	\$9.95
Tubular Locks	\$8.95
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NEW ITEMS



ESP-13

This handy new pick set is the most popular set among professional locksmiths today. This kit consists of 12 different tools housed in a handsome black leather case designed for a shirt pocket. Included in the price, you receive a 5 piece **warded key set** and a copy of "Lockpicking Simplified." 17 piece set total.

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KEY RING PICK SET



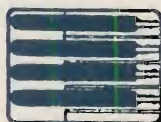
This unique design is ideal when low profile is required or to keep on your keyring for emergencies. Contains a tension wrench, three picks and the "Key Pick."

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Set of 4 picks designed to be used on the most popular double-sided disc tumbler, showcase, cam and padlocks.

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The most effective tubular pick on the market, unlike the larger picks with long handles or screwdriver handles. The longer the tool, the more pressure needed which causes easy breakage. The advantage of the Mini Pick is it is so short, you only use your thumb and index finger. With a little practice this tool will open a tubular lock in less than a minute. A. Your Choice: (1) Center (2) Offset left (3) Offset right; B. "Segal" 8 pin tubular; C. 5-pin Tubular; D. 6-pin Tubular; E. 8-Pin Ace.

SESAMEE DECODER

This tool was designed to decode the exact combination of a sesame padlock without damaging the lock. Detailed instruction included.

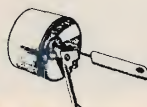


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The most fantastic tool you will ever use. This set consists of two base keys and pick. Complete instructions included.

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MK 760 Carbine & Sub Gun

MK Arms:

Robust, reliable 9mm firearms based on the designs of the popular Swedish M45 Carl Gustaf and Smith & Wesson M76 machine guns. . .

By Jim Benson



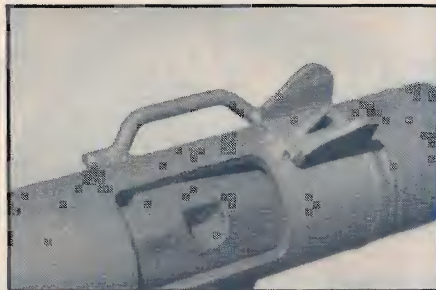
These targets were fired at from about 30 yards with both full-automatic and semiautomatic fire from the MK 760 guns. The tight group at the bottom of the right target was obtained with the semiautomatic carbine.



Field stripping and reassembly are accomplished in minutes without tools.



The fixed sights are quite effective.



SWEDEN's M45 Carl Gustaf blow-back operated 9 millimeter NATO submachine gun has been one of the more popular post-World War II submachine guns. These and an American-made version, the Smith & Wesson M76, were used by U.S. Army Special Forces, Navy SEALs and other military forces in the Vietnam War.

Production of the M76 ceased in the early 1970s as U.S. involvement in the war ended. Manufacturing engineer Mike Ruplinger developed an interest in the M76 design and founded his own company, MK Arms, in 1984 to begin manufacturing the gun, along with semiautomatic variants of it. These firearms, designated the MK 760 series, are being produced today at the firm's factory in Irvine, California.

The MK 760 submachine gun is virtually identical to the Smith & Wesson M76 with the exception of some improvements in the materials used in manufacturing.

While the Swedish Carl Gustaf, also known as the Swedish K, fires in the full automatic mode only, the M76 and MK 760 submachine guns are select-fire weapons with the capability of both full automatic and semiautomatic fire. The M45 has a cyclic rate of fire of about 550 to 600 rounds per minute. The MK 760 submachine gun fires at about 720 rounds per minute. The MK 760 semiautomatic carbine is the same gun except it fires from a closed bolt (the sub gun fires from an open bolt) and has a longer barrel and barrel shroud. A pistol version of the semiauto carbine is being submitted to the Bureau of Alcohol, Tobacco and Firearms for approval which will probably have a 4-inch barrel and no folding stock. The carbine has a 16-inch barrel and the submachine gun has an 8-inch barrel and both feature the steel folding stock.

The receivers of the MK guns are machined from DOM steel tubing and all impact parts (barrel, bolt, etc.) are made from AISI 4140 steel, which has

(Continued on page 66)

Pat Potvin of MK Arms, a member of the Army Reserve, fires the 9 millimeter carbine.



The MK Arms 9 millimeter submachine gun is based on the design of the famous Swedish K and Smith & Wesson Model 76.



MK Arms owner Mike Ruplinger fires a long burst with a black finished model of his submachine gun fitted with an Aimpoint sight.

Harvesting Octupi, Sea Urchins

*Readily usable
protein, fats and
carbohydrates...*



People in the Orient long ago recognized the value of octopus and squid as food sources.

Octopus tentacles and tubes provide protein, fats and carbohydrates.



IN other articles in this magazine I have discussed the marine algae that dominate tidal areas and how to harvest them for food.

These sea vegetables are edible and easy to gather. They provide vitamins, minerals and copious amounts of iodine, but other nutrients like carbohydrates and protein are 'locked tight' in the algae's cellulose. Humans cannot digest cellulose. So to flesh out a diet from the tide pools, it is necessary to find other organisms who provide readily usable protein, fats and carbohydrates.

Trapping octopus puts meat on the table every month of the year. Octopus, long recognized as a delicacy among Orientals and Mediterranean people, has become a valued foodstuff here in the United States.

Americans of Hispanic origin relish the animal in fish soup, ceviche (pickled) and boiled (plain and chewy).

Japanese salt and dry the cephalopods, then eat the end result with beer or sake. You can buy these mollusks in fish markets and grocery stores — the price, about \$4 a pound.

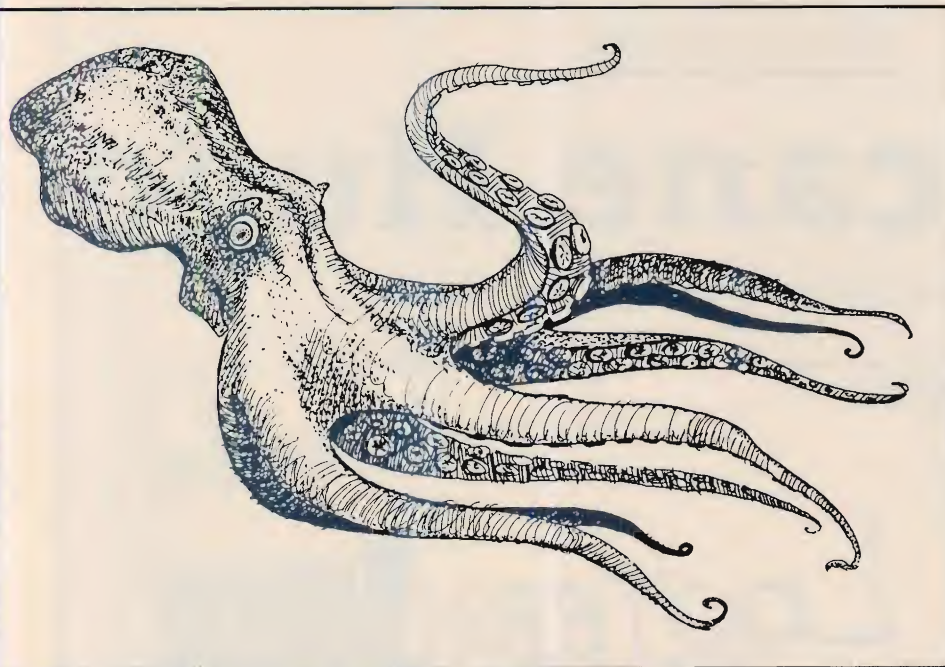
Save money. With a few tips you can catch these shy creatures alive, fresh for the table. Here's how:

First, check and make sure you comply with all laws governing octopus harvesting. Ask local fishermen where they have seen, or hauled octopus up from the ocean floor. These shy creatures prefer structure: rocks, and jetties during the day from where they prowl through the night on gently sloping beaches. Test these locations using the trap described as follows:

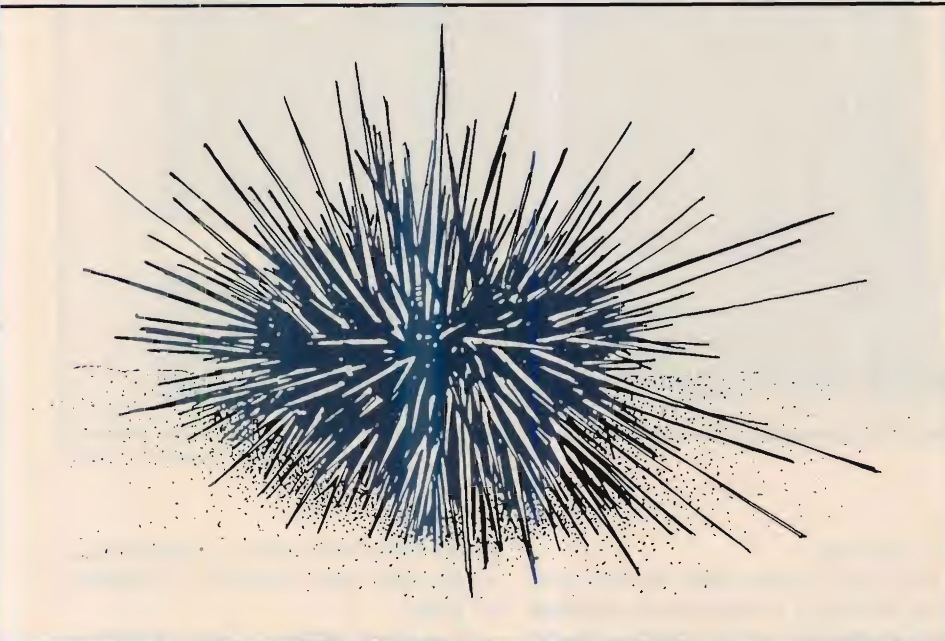
Buy several feet of 6-inch diameter PVC pipe (used for sewers). Cut sections into 30-inch lengths. Then wire three sections together. Pour a cement plug in the middle of each section. Now you have six openings and six chambers in your three pipes. Place these pipes on the ocean bottom at various depths from 10 to 60 feet. Nosey octopuses will explore these nest sites during the night, and take up residence during the day.

You may want to mark these traps with a small yellow float, with your name on it. This identifies and protects your trap. In most coastal states it is a 3rd degree felony to tamper with fish traps.

Return two or three times a month. If you are snorkeling, tilt the cylinders on end, so three of the openings are



Octopi prowl through the night on gently sloping beaches.



Sea urchin gonads (not shown) are a gourmet food item.

concrete plug bungee cords



A simple octopus trap made from 6-inch PVC pipe and some concrete.

covered by the bottom sand. Then, with a gloved hand, reach into each of the three exposed openings. Remove the octopus using a thick, protective glove to avoid a bite from their sharp beak located in the center of their body on the ventral side. Next, shake the opposite ends of your cylinders into a collecting bag. Rarely will you go six for six, but if you are patient this technique will pay off, and one medium sized octopus (15 inches) can feed six people.

Boaters may simply haul up the trap; the octopus will cling tenaciously inside. Shake it out onto the deck of your boat and prepare it as follows.

Cut the head and beak from the legs. Then wash the legs in fresh water. Next, drop the tentacles into boiling water (Note how they become firm). The texture is perfect and the taste unusual. Slice off a piece and dip it in a mixture of Chinese mustard, shredded radish, and soy sauce.

Also, octopus (and squid) may be deep fried or stir fried — with or without vegetables. Break an egg into a small amount of beer. Dip the octopus parts in this mixture. Then drop the soaked pieces of flesh in a plastic bag, $\frac{1}{4}$ filled with flour or cornmeal. Shake the meat in the bag until coated, then drop the breaded pieces into 350 degree oil.

Your developing taste for octopus is going to keep you busy trapping these shy creatures.

Sea Urchins — A sea urchin, bristling with spines, appears to have the perfect survival armor. The spines fend off predators who crave the food under the shell, a most complete protein and vitamin rich substance — the animal's gonads.

Sea urchins are found in shallow tidal areas, around rocks and other protective structure. Again, be sure to comply with all laws regulating the taking of urchins. Extricating one of these spiny denizens is a challenge. Wear heavy gloves. Remove the animal to the surface, crack it open with rock or knife handle. Inside the animal are several yellow-orange colored sacks, located in the lobes of the body. These sacks and their contents are edible. Eat them raw, steamed or fried.

Eating sea urchins is an acquired taste. Taken fresh from clean ocean water they provide a memorable flavor, with a concentrated energy kick.

Tide pools, mud flats and the shallow waters beyond are teeming with life: seaweed, octopus, sea urchins and much more. ●

Natural Disaster:

Hurricane Hugo

One of the largest disasters to be experienced in the 1980s...



By Ken Larson

A homeowner's message to looters.

The author is a federal emergency disaster specialist who worked with victims of Hurricane Hugo. A graduate of Auburn University with an MBA in marketing, he is working on two books related to survival — The editors.

MOST of the 200,000 plus people who were affected by Hurricane Hugo were totally unprepared.

Many suffered three weeks or more without the basic necessities of life. With no electricity, their refrigerated food spoiled, sewers did not operate, a hot meal was a luxury and a bath was something to be cherished.

They also experienced gasoline shortages, no telephone service and lack of shelter. Later came frustration and depression. Most were expecting and sometimes demanding that "someone" provide needed protection, water, shel-

ter and food.

One couple in Awendaw, South Carolina, assumed a complacent attitude concerning Hugo only to find the storm surge entering their home. In the dark, the couple climbed onto the roof and were almost stripped off by the devastating winds. Before they could contemplate the danger of the winds and the pelting rain, the house walls collapsed and the roof began to float out to sea. Fortunately, the roof lodged in a row of trees. The relentless wave action began breaking up the roof leaving only the tree branches as a precarious perch until morning finally arrived.

A single parent in Goose Creek, South Carolina, with a child in her arms, ran from room to room as falling trees crushed different parts of her mobile home. Many mobile homes

broke loose from their underpinning straps and were rolled for hundreds of yards.

One lucky victim in McClellanville had a persistent girlfriend who begged him for three days to seek safety inland. He finally evacuated 15 minutes before the hurricane made landfall. When he returned, he realized he was fortunate to be alive.

Most did not realize the forces that nature can unleash. A wind so strong that it would strip siding from a mobile home was beyond comprehension.

Hugo's damage was more wide spread than anticipated. Rather than being localized as most hurricanes, Hugo gained momentum at landfall and ripped a path of destruction from Charleston up to Charlotte.

The massiveness of the area covered and the storm's intensity magnified the

logistical problems and delayed the recovery process. In many areas, the intensity of the wind caused 80 percent of the trees to go down. Many homes were collapsed by the large falling trees. Those that did not collapse were literally cut into slices by the impact. Streets and highways became a mass of tree debris and twisted power lines. Transportation, emergency aid, electricity, and communications were nonexistent. In some areas this situation lasted for weeks. One area north of Charleston had no power or telephones for four weeks.

Survival skills ranged from a few who were only inconvenienced to most who did not know which way to turn. Some lost their lives because of lack of survival skills knowledge or a complacent attitude that "it will never happen to me."

It is interesting to note that after the hurricane made landfall, the majority of the people were demanding that the "government" or "someone" do something. The prevalent attitude was that someone else is responsible for their safety and welfare. Unfortunately, the magnitude of this disaster shut down an already cumbersome governmental support system upon which they were depending.

Those who had lanterns, cook stoves and stored water did quite well and were able to share with neighbors. Some who were prepared before the hurricane still lost all their possessions, including their outdoor equipment and had to revert to the basic survival skills they could recall. The majority had no survival skills to rely on and had to wait for whatever assistance was provided by others.

The National Guard offered some protection but it was delayed by the massive amount of debris in the roads. The damage area was too large for them to be totally effective. Protection was provided mainly in town centers.

Before the National Guard's presence was known, some people took to the streets to loot. In many cases the looting was done by those in the next block who did not know you personally. In one apartment complex, three looters gained entry to many of the evacuated apartments. One resident who did not evacuate confronted the looters. She threatened to blow a hole in the door if entry was tried. The looters went to the next apartment, kicked in the door and ransacked it. I still speculate on the outcome if the National Guard had not been on the scene early in the disaster. Of the



Damage to homes in South Carolina from Hurricane Hugo. Many homes were destroyed by falling trees.



Transportation was limited, with many cars destroyed by the flooding, high winds and falling trees.

Hurricane Hugo



There was a lot of donated clothing for Hugo's victims but basic necessities were in critically short supply.



As much as 80 percent of the trees in some areas were destroyed by the hurricane.



Store shelves were stripped of supplies before the storm struck.

hundred victims that I dealt with, the majority had lost something to looters. Looting even occurred in the rural areas.

The general population's dependency on electricity was very evident during Hugo. With no electricity to operate the gasoline pumps, there is no gasoline. Those gasoline stations that either had a generator or purchased one for upward of \$1,600 were soon sold out of gasoline. With no gasoline, there is no chain saw operation and therefore no tree removal. No tree removal meant no gasoline deliveries. No electricity also means no refrigeration. Some of the heroes other than personnel of the police and fire departments were those of the utility companies. As they would enter neighborhoods, the residents would wave and applaud.

Shelter — Due to so many losing their homes, lodging in the area was also nonexistent. Those motels and apartments that were not damaged in the storm were immediately rented at any price. Initially motel management was eager for new business due to reservation cancellations. As the demand for housing rose, so did the rental rates. In one case a motel room went from \$55 per night originally to \$75 and finally peaked at \$125. Many of the motels were totally booked by utility companies or civil authorities as bases of operations.

Some victims and many out of town construction and rescue workers slept in vehicles or personal tents. Plastic and tarps were at a premium. Many victims spent many wet nights under sheets of plywood or in a dry bedroom that was not destroyed or leaking. A dry blanket was hard to find.

As support operations began to improve over a two-week period, main arteries became passable. Side roads were a different story. As many tried to return to their homes, they met strong frustrations. One man, who lived one block off a main highway, spent three hours with a chain saw to cut a 200-yard path to reach his home. Many residents were not able to return to their homes for over two weeks due to bridges being out and debris clogging the access routes. These delays in reaching homes made the losses ever greater while possessions were exposed to the elements and looting.

In many cases, governmental and

Red Cross temporary housing were weeks in coming. There was a minimum of available housing for over a hundred miles.

After the wind died down and water levels dropped, those who did not evacuate and who survived were in a state of shock. They were happy to be alive but overwhelmed by the destruction.

I recall one man who survived and had wandered out of a mobile home park in Awendaw. He just kept saying, "Don't go in there. Don't go in there, it's all gone." Indeed, he was right — the whole park was gone. What wasn't washed away by the water surge was rolled and twisted for several hundred yards.

Farther down the road there were others who were in their yards beginning to clean up. Many people were in such a state of shock they were disoriented. For example, they would pick up one piece of rubble and carry it to a pile. Then they would pick up a piece from the second pile and move it back to the first pile.

As the government's clean up gained momentum, there would be some reassurance to the population that progress was being made but weeks later when the clean up neared completion, the reality of the losses would settle in and major problems of depression would overtake storm victims.

We tend to forget how much we depend upon a telephone. After Hugo made landfall, there were few if any telephones operating in the area. Most telephone lines were down for long periods of time. In some areas, they were down for over four weeks. When telephone lines were repaired, they were clogged with phone traffic. Many of the calls were from those outside the area trying to reach relatives. With minimum communications, there was difficulty in coordinating and obtaining help or finding out current information, and of course rumors were rampant.

Even when the phone systems began to operate, many people still had trouble finding friends and relatives. When a home is destroyed or washed away, the occupants who survived or evacuated could not be found. In one small town a bulletin board was established in the town square for messages and forwarding addresses. It was reminiscent of the past when messages were passed by word of mouth or by drop boxes. Many churches also established lost and found areas for lost personal property.

One relief worker that was in a

rural area had to use the only operating phone (a pay phone) in the area. He had to wait in daily long lines trying to reach his assignments. For those he could not find, he placed a poster in a local store with names on it and where he could be reached. I can see how the military system of using rally points for regrouping after a firefight would be appropriate in a disaster. Even the fire department recommends the same approach after everyone evacuates a home to have a predetermined meeting place to count heads. The town hall rally point system worked well in small communities.

Many gasoline stations had to close their doors due to building and pump damage. Those that were not damaged were without electricity and the gasoline pumps would not operate. Many people had to drive several hours for gasoline to operate Coleman lanterns, stoves, chain saws, generators or automobiles. Those stations that were able to open used generators but were soon sold out of gasoline due to the heavy demand. Whenever a station opened, two- and three-hour lines formed.

Those who waited till the last minute to evacuate experienced major traffic delays. After the storm, there were lots of flat tires due to roofing nails in the streets. Many vehicles had to use off road routes which caused additional tire damage. If you did manage to have a tire repair kit, there were no air pumps — a good case for having extra spare tires on rims. Many vehicles were flooded, rolled by the wind or destroyed by falling trees. Primary transportation for many was not available.

There was a minimum of rental transportation. Some support personnel were able to rent automobiles or find lodging in Columbia. Each day they faced the drive to Charleston which was two and one half hours one way. Each night they would fill up with gasoline in Columbia for the round trip the next day. Large segments of the local populations were stranded with no transportation. Mopeds were a luxury due to low gas usage and the ability to maneuver through the debris.

With no electricity, there were no traffic lights. The street signs left standing were so twisted that they pointed in the wrong directions.

It was impossible to take a direct route to any destination. Frequently, you were routed miles out of your way because of blocked or damaged roads. Without a map, compass or intimate knowledge of the area, one quickly

became lost.

City and state officials controlled access to many areas. Even the local residents were not allowed to enter these areas due to gas leaks, building condemnation or for other safety reasons.

Civic work groups were formed to cut trees, to make roof repairs and to provide temporary housing. Churches established soup kitchens and some offered full meals for victims and workers.

In addition, churches operated transportation pools to assist victims in reaching different support agencies.

The response from across the nation was substantial. Unfortunately there were no guidelines given to those sending assistance. Many trucks arrived with no prior contact with any of the "clearing house" organizations. This caused some areas to receive too much and other areas to receive too little. One of the largest shortages was manpower to operate the different distribution centers. Another problem was too much donated clothing and not enough food, water, baby food, diapers, soap, blankets and other basic necessities.

The radio stations that were able to go back on the air operated as clearing houses for information. They were able to put those in need with those who could help. They also relayed messages between various parties or groups in isolated areas. It was like a large partyline. Later, many victims called in to say that listening to the radio and the interaction between the different groups and individuals was a major factor in getting them through it all.

Food — With grocery stores boarded up, there was no food. If a store remained open, most shelves were already stripped before the storm hit.

The Salvation Army, Red Cross and local organizations performed well. Unfortunately, those without transportation were not able to reach the support agencies.

If you were able to reach a relief station, there were long lines. Some waited for hours for a hot meal or for some basic staples. Many times the staples were not the ones you needed. You received what they had to issue.

In addition, there were no checkoff systems utilizing IDs, drivers licenses, etc. to reduce hoarding. Families sent children through lines several times. One family stated they received enough food for a year. Some people traveled from station to station getting what

Hurricane Hugo

they could from each while others did not know where the relief stations were located. Rural areas were basically neglected.

Tons of food were lost due to no power for refrigeration. Ice was not available.

The salt water flooding surge killed many wild edible plants. In addition, sewage in the areas made foraging dangerous.

Wild animals were killed in the forests and for several weeks no birds were seen or heard. A smell of death was found in wooded areas.

Fresh water ponds were flooded with salt water and fish were killed.

Septic systems were flooded due to high water levels or damage by falling trees. City sewers were not operating and they overflowed into the streets. Lime was issued to be spread on the ground to kill germs. Later portable toilets lined the streets in populated areas.

There was no water to flush toilets. One solution would be to use portable toilets or use plastic bags and purchase toilet chemicals. Toilet paper was also in demand.

There were also no garbage pickups which added to the debris problems.

The local roach population boomed. Even clean motels had roach infestation. Roach bait and sprays were soon sold out. The debris, garbage and the decomposing food offered a haven for rodents.

Most of the homes had their window screens blown out. Mosquitoes became a problem when the windows were open on the warm nights. In some areas the mosquitoes were like a fog and there were no repellents available.

Water — There was no water from water purification plants due to plant or water line damage or no electricity to run the pumps. Some areas received water from tanker trucks that were moved in from other areas. One beer manufacturer bottled water in beer cans. In some areas, water sold for \$5 to \$6 a gallon. Containers for carrying water were not available. What water there was in the water system became contaminated when sewage and ground water was sucked into the ruptured lines. Even when safe water was available, it was almost unpalatable due to heavy amounts of deteriorating leaves and pine needles in local reservoirs. A lack of electricity caused rural home

well pumps to be inoperable. In addition, flooding ruined those well pump motors that had electricity. The well water itself was contaminated by surface flooding or sewer run off.

The need for water was greatly underestimated. Not only do you need water for drinking, you need water for baths, cooking, flushing toilets, cleaning eating utensils, and washing clothes. One of the greatest ways to have a decline in morale is to not have a bath for a while. Also with no heat to boil water, some had water but were afraid to drink it and did not know how to purify it.

A home that has lighting is a great morale builder. When a long day is spent trying to survive, it is reassuring to return home to a warm and lighted dwelling. Your evenings can then be spent reading, cooking, taking a bath, making plans, having social contact, and repairing tools, etc. Sharing, group cooking and communal type living helped many families cope.

The streets become pitch black when there is no electricity and therefore no street lights. It was frightening to see so many people milling around even with a curfew in effect after dark. In many suburban areas, the National Guard was unable to enforce curfews. People experienced the boredom and anxiety that rapidly sets in when there are 14 hours of darkness with nothing to do.

Most matches were ruined by rain and moisture. Fortunately heating was not a major problem but it could be a major factor in the winter. For many, a wood stove provided the solution. Heating was used mostly to dry out living quarters and clothing before it mildewed.

Cash was king when all the banks closed. No electricity meant no electronic funds transfers or interior lighting. Cash was the only method of purchasing in many areas. There were a surprising number of those who had goods to sell who did not accept credit cards. For several weeks, survivors could not even get their pay checks cashed.

Chain saws sold for \$1500. Chain saw blades, oil and files for sharpening were in short supply. Axes, hand tools, tree saws, shovels, basic carpentry and plumbing tools and propane torches were not available. Also, lumber such as 1x2s for holding down plastic sheets,

roofing felt and nails were not available. Due to the major roof damages, weatherproofing items such as tarps, roll roofing and plastic sheets were in the greatest demand. A large portion of personal property that was lost was due to a lack of protection from the rain.

There was virtually no local first aid knowledge except that provided by paramedics and the fire departments. Both of which were totally overloaded. Many residents felt helpless in trying to help injured friends and neighbors.

A local newspaper provided a good summary of what they felt did not work during Hurricane Hugo: "Damaged bridges stopped traffic. Evacuation traffic bogged down on I-26. Help slow in getting to rural areas. Seriousness of potential damage underestimated. Heavy red tape, too many forms for federal aid. National media focused on Charleston, ignored outlying areas. Insurance estimates out of sync with contractor's estimates of damages."

The following suggestions were made about what to do the next time: "Heavy equipment should be in place in isolated areas. Cut federal red tape. More emergency centers in rural areas. Shelters at least two stories tall, well above flood level. All except one lane on I-26 for outbound traffic. Focus national appeals on money, not goods. Maps showing where gas lines pose potential hazards. Park automobiles away from large trees."

Through it all, there were many people who pulled together and survived the best they could. There was a strong spirit of mutual support and helpfulness. Everywhere, one could see American flags flying among the rubble as a symbol that "they survived and were not giving up."

Hurricane Hugo was one of the largest disasters to be experienced in this decade. For the first time, support agencies were unable to handle the magnitude of such a disaster. There was confusion, false starts and many victims felt helpless and became angry at their government.

As in any survival situation, knowledge and advance preparation is essential. By understanding a natural disaster, one can be prepared. Hopefully the mistakes made and the lessons learned from Hurricane Hugo will not soon be forgotten — or will they? ●



THE DEFENSIVE SHOTGUN:

Louis Awerbuck, firearms expert and author, covers all aspects of defending yourself with a shotgun. Including Ammunition, Patterning, Choking, Loading And Downloading, Shooting, Selecting Different Ammunition, Multiple Targets, Snap Shooting, Braced Shooting Positions, Carry Slings, Shooting On The Move, Tactics, and One-Handed Operation. Don't miss this one if you're a shotgun owner!

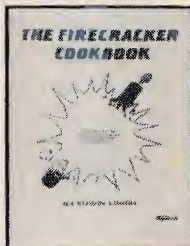
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A thorough, well written guide on how to safely make homemade fireworks including M-80's, cherry bombs, triangle firecrackers, delayed ignition devices, rocket aerial bombs, and how to make your own flash-light torpedoes (these explode with a flash and a bang when thrown against a hard surface). Simple detailed instructions. ORDER NOW!

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Learn to safely make fireworks at home that really work. *Advanced Homemade Fireworks* covers in detail how to make skyrockets, pinwheels, roman candles, aerial bomb shells, fountains, cherry bombs & M-80's. Complete explanation of each chemical & its use makes the manufacture of homemade fireworks easy for even the novice. A must for anyone interested in homemade pyrotechnics.

B-103 \$8.00



TWO COMPONENT HIGH EXPLOSIVE MIXTURES

The material in this volume never reached our overt and covert operatives before the program was phased out. The emphasis in these tests was to produce extremely powerful, yet easily made explosives by combining two compounds which separately were very safe to handle. One of the explosives covered, Astrolite A-1-5, is the world's most powerful non-nuclear explosive. 5' x 8' softcover. 28 pages, illus.

251 \$4.95



RANGER TRAINING

(FM 21-50) Official training manual for the U.S. Army's tough, proven Rangers. Illustrated coverage of such topics as operations against guerrilla action night operations, raids, patrolling, ambush and roadblock techniques, cliff assault techniques, intelligence, hand to hand combat, physical conditioning, tactical training, demo, mines, boobytraps, ropes and knots and a history of the Rangers

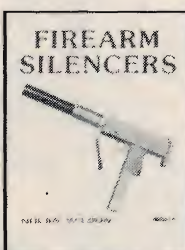
RT \$3.95



MAC-10 COOKBOOK

Complete technical and historical information covering all MAC-10 submachine guns. From the "Powder Springs" version up through the latest look-alike the Partisan Avenger. Also, the RPB Cobray and the MAC of Stephenville Texas. This book becomes an "owner's manual" for just about any MAC you might have. For both semiauto and select-fire versions. Loaded with pictures and drawings. Photos of dozens of accessories.

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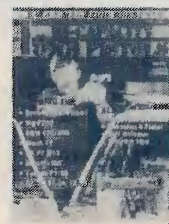
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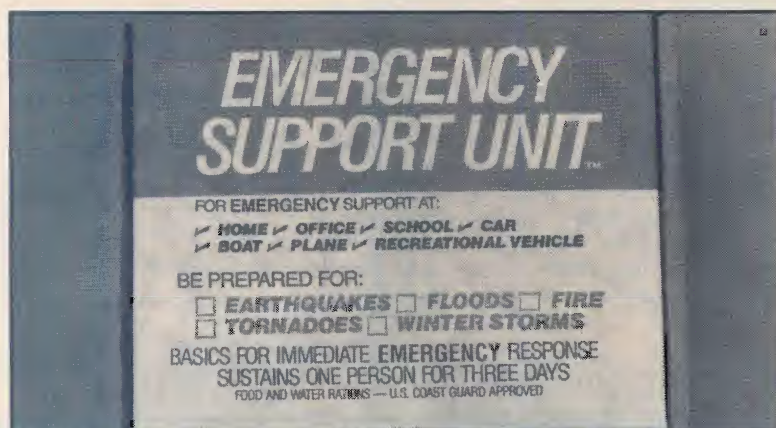
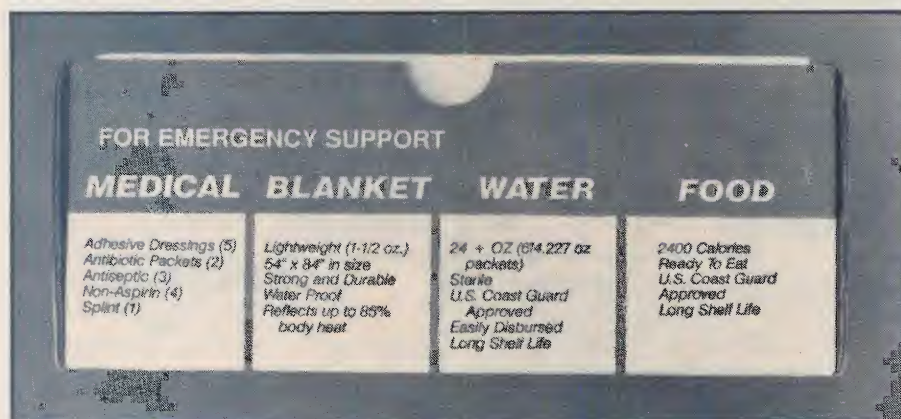
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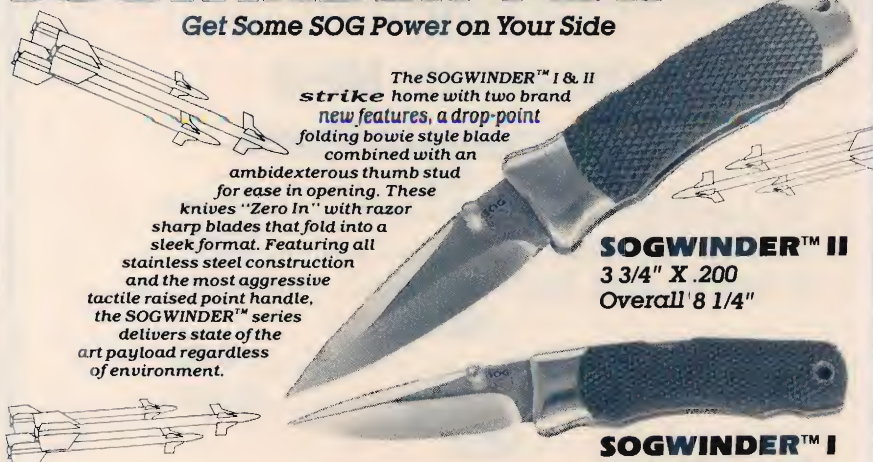
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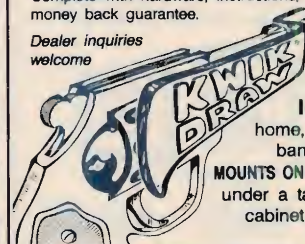
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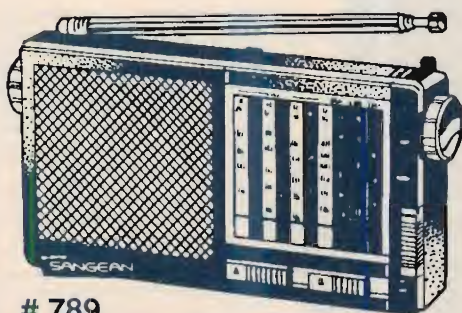
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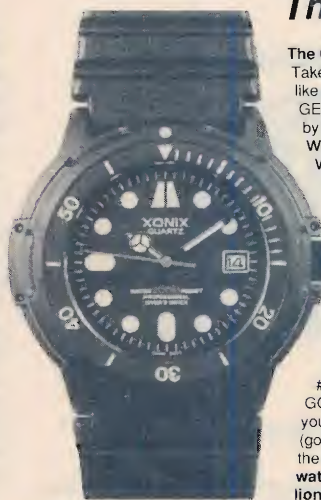
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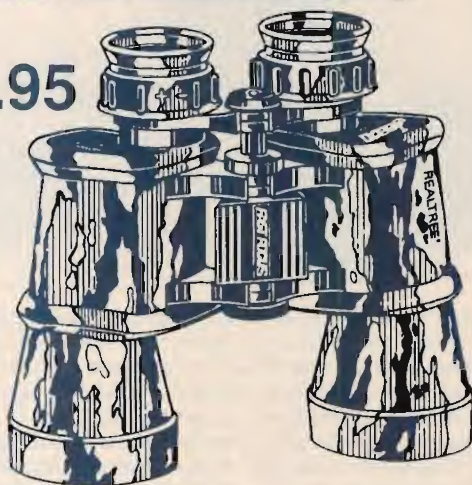
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BOOKS/VIDEOS

(Continued from page 11)

Dept. ASG, Boulder, Colorado 80306; (800) 642-8300, Ext. 24; 105 pages, soft-cover. \$12 plus \$3.50.

This book is *only* for information purposes. Author Lawrence Myers opens with two full chapters devoted to modern bomb forensics and current bomb detection methods and concludes with a detailed section on antihandling devices that make a bomb virtually tamperproof. The book is written in nontechnical, easy-to-understand terms and describes in detail some of the techniques used by the most notorious explosives experts in the terrorist world. The step-by-step instructions detail how to modify various consumer electronic devices including: an ordinary digital alarm watch so it will detonate an explosive charge two weeks later with "quartz accuracy."



Severe Floods and Storms, a video produced by the Center for Emergency Preparedness. NITRO-PAK Survival Foods & Supplies, 13243 E. Rosecrans Ave., Dept. ASG, Santa Fe Springs, CA 90670; (213) 802-0099. VHS, approximately 50 minutes; \$18.95 plus \$2.50 shipping and handling.

Here's another in a series of emergency preparedness videos that will teach you important measures and methods of survival preparation. Should events place your home and family in the destructive path of a hurricane, tornado, blizzard or flood, would you know what to do? Thousands were left homeless when Hurricane Hugo roared up from the Caribbean. It's a fact that a hurricane with winds of 74 miles per hour has a force equal of 500,000 atomic bombs. Even if you don't live in an area prone to these storms, worldwide travel may put us at risk during business or pleasure trips. This tape will help you learn how to minimize the risk or property damage, injury and death. ●

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Thistles

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Besides the thistle's use as food and medicine, the fibers of stems and roots can be twisted into twine and then into cords which can be plaited into strong, four-plaited rope.

By T.R. Zimmermann

THE thistle has a bad reputation, almost everyone is familiar with it and its prickles, a number one characteristic. Livestock owners hate it because very few domesticated animals will feed upon the plant.

Thistles are despised herbs, regarded as a noxious weed by farmers. Once they gain entry into unused fields, it is very difficult to eradicate them.

Thistles are considered invader plants, spreading rapidly in disturbed soils. They compete directly with food and cash crops for the limited space, water, and nutrients in the soil.

They will live wherever conditions are favorable for growth and reproduction. Singularly or in patches, the thistle prefers dry rocky or moist sandy

soils of forest clearings, meadows, swamps, pastures, blackland prairies, open fields, roadsides, railway road beds, and along the banks of streams and rivers. In the mountains, thistles like to grow in open sunny slopes or in the cracks of steep cliffs.

Thistles have a worldwide range of distribution from North America including Canada and Mexico, to Europe, Asia Minor, and into the mainland of Asia. They are found predominately in temperate to subtropical climatic regions.

The thistle is known by other common names as brush-flower, cardo santo, and prickly turnip. It is a member of the Compositae or Daisy Family, and has several scientific designations as *Cardus*, *Cirsium*, and *Cnicus*, depending upon the authority being relied upon. The first two terms are New World designations, while the last

is European.

Thistles did not always have such an unpleasant reputation, nor were they shunned. In ancient times, the thistle was a revered plant, sacred to the believers of mythology. Thistles were regarded as signs from the god of thunder, Thor.

Sprays of thistle were once worn by worshipers as protection from evil spirits, especially lightning. The plant was even transplanted into fields of ripening grain to chase away malignant forces.

The prickly thistle has some fame as the national flower of Scotland. It is credited with saving the Scots in 1263 from an invasion by the fearsome Danish Norsemen of that period in history.

Ruthless hordes of the dreaded invaders landed upon the shores of Scotland to take the land by force. Eager for battle, the Danes failed to prepare breastworks to protect their landing boats.

Removing their footwear, they attempted a bold tactic of a night attack upon the unsuspecting, sleeping Scots. The barefoot warriors encountered no problems, until they accidentally discovered the prickly thistles growing in the open fields surrounding the encampments.

Startled screams of pain and shock alerted the gallant defenders and a great battle began. On that day, few Norsemen escaped vengeance as the invaders were driven back to the sea.

The traditional uses of the thistle have been for food, medicine, and materials. It is one of the easiest of plants to identify; hence, its widespread usage.

The thistle is an annual, biennial, or perennial herb. It has a fleshy taproot on horizontal or vertical rootstocks, and numerous adventitious or side roots. Most are spindle shaped, and may be swollen or filled with fibers. Roots are usually white or may be tinted the color of its soil matrix.



Immature flowerbuds are covered with spines, as are the young leaves and stems of the prickly thistle.

Thistle stems are straight, erect, and may be either branched or unbranched. They may reach upwards to six feet tall, and be covered with white woolly hairs. Stems may be spined or without spines. Cut stems may ooze a clear to whitish-yellow colored sap. Sap has a biting or bitter taste. Stems become hollow at maturity.

Leaves are basal, clustering around the stems. Leaves may or may not have leafstalks or petioles. Each basal leaf is 5 to 10 inches long, lanceolate or spear shaped, and divided into deep lobes with coarse teeth. Teeth are armed with sharp, stiff spines. The edges of the leaves are wavy in appearance.

Stem leaves differ from basal leaves, are smaller and base-clasping. The leaves alternate around the main stems, and may be lobeless and spineless. Fluffs of wispy woolly hair may cover the leaves.

Flowering stems may be covered with sharp spines, intermixed with the woolly hair. The top of these stems is a vase-like green cup covered with green leaf-like, spiny appendages or bracts.

Flowerheads may be in clusters at tops of flowering stems. Superficially, the individual flowerhead may resemble a brush, and is two inches tall and 1 to 3 inches across. The flowers come in a variety of colors ranging from white, pink, yellow, purple to rose purple.

Each flowerhead is made up of hun-

dreds of minute tubular or disk flowers held in the cup. Each tubular flower has five deep, narrow lobes. Ray flowers are absent. The nectar is sweet and aromatic.

Fruits are big balls of fluffy white or grayish silk held in the erect cups. Numerous seeds or achenes are small, elliptically shaped, flat, and plumed at tips with seed hairs. Dissemination is by wind.

Bees, moths, and butterflies can be seen busy at the flowerheads of the thistle. Wasps, bumblebees, and stinging ants may also frequent the nectar-filled flowers. Tiny spiders may occupy the flowers, too.

Finches and other songbirds eat the seeds and the flowers. Hummingbirds may frequent the flowers for nectar and insects. Also, they will collect the soft seed down for lining their delicately constructed, button-sized nests.

Food Storehouse — Primitive peoples and those who must live in the under-developed countries of the world, have learned by necessity to utilize their environmental resources to its fullest advantage. In a subsistence economy, very little is wasted including the prickly thistle.

The common thistle is a storehouse of edible food. Virtually all parts, less the spines, can be used for food. It is very useful in survival or wilderness living.

Roots, stems, young leaves, flower-

buds, flowerheads, and seeds can be eaten. Historically, the thistle has been credited with helping to save lives in times of scarcity. It was eaten by stressed populations forced by ill winds of fate to subsist off the land.

Roots can be eaten raw or cooked into a table vegetable. They have been used in the past as a tasty turnip substitute in prepared foods. The root can be dried and ground into a flour for use as an extender in soups or stews.

Raw roots toasted in an oven at low heat can extract a sugary syrup or molasses. With a slightly bitter taste and a caramelized color, it can be utilized as a sugar substitute.

Peeled and boiled roots can be pickled in brine or soaked in a cinnamon-flavored, cane sugar syrup to make a sweet-meat. In Armenia, these sweat-meats are very popular with the locals as a side dish at traditional feasts or wedding celebrations.

Flowerless young stems are peeled off their prickly spines and hard outer-rind filled with fibers, and eaten raw like celery or cooked into a delicious potherb. The peeled stems can be made into an excellent pickle or candied as a treat.

The peeled stems are considered to be wilderness thirst-quenchers or nibbles by knowledgeable hikers and woodsmen. Sweet and juicy, the stems can satisfy the driest thirst, providing moisture until a water source is found.

Basal and stem leaves can be despined with scissors, and eaten raw in salads or cooked as a vegetable. A hot, stimulating tea can be made from young leaves.

Eating the leaves raw is an acquired taste. Only the younger leaves should be used, as the older leaves are unpalatable. In fact, a hot tea made of old or withered leaves has use in wilderness medicine as an emetic to treat mild food poisoning.

Both flowerbuds and flowerheads are edible, cooked and eaten like artichokes which they resemble. Their taste is similar, too. However, for the best results steam first before cooking. Dried flowers are used as rennet to curdle milk, the primary step in making butter, whey, yogurt, and soft cheese.

The seeds of the thistle are very bitter if eaten raw. Toasting does improve the flavor. Parched seeds are utilized as a meal or as a cereal substitute. In Northern Europe, thistle seeds are sometimes used in the same manner as sesame seeds in bakery products or as a flavoring in food preparations.

Thistles



A view of the basal rosette-like prickly leaves of the thistle after the central stem has been removed.

Medicine The thistle has usage in home remedies and self-help medicine. It gained a reputation in the Dark Ages as a remedy for various infectious diseases. Thistles saved Emperor Charlemagne from defeat. The thistle's roots were made into a healing medicine for his disease-plagued armies, their good health helped to turn the tide of battle to his favor.

Among herbalists and homeopathic medical practitioners, the thistle is considered to have the following properties: cooling, astringent, sharp-tasting, hemostatic, diuretic, and anti-inflammatory. The thistle has a wide application in the treatment of various ailments.

A recent phyto-chemical analysis of the thistle reveals it to contain several alkaloids, a glycoside, and a flavonoid. Roots and seeds show a high oil content.

A strong root tea is useful in stopping the discomfort of diarrhea, dysentery, and intestinal flu. Crushed root paste can be applied as a poultice to infected sores, earache, boils, and carbuncles. The paste has shown good results in several medical studies.

Dried rootbark is sometimes held in the mouth for gum sores, lip cankers or infected tongue. Dried root powder can be utilized as a styptic to stop tra-

umatic bleeding in deep, open wounds. The powder has seen use in this way before the era of the Roman Empire.

The root powder mixed with water can be used as a douche to prevent uterine bleeding after childbirth. A root-powder tea is ingested to control hematurai, blood in the urine. Hematurai is caused by an infection or may be secondary to a tumor somewhere in the urinary tract.

A dried root decoction (root powder soaked in water for several days to extract the active principle) has use in the treatment of hematemesis. Hematemesis is the vomiting of blood usually associated with an ingested poison or a terminally ill patient. It is also used to ease the pain of acute appendicitis prior to surgical removal.

The fresh young leaves of the thistle can be made into a tea for urinary problems, kidney infections, and bladder complaints. The tea can be utilized as a wash to treat mild burns or infected areas of the skin.

Leaf pastes are applied to muscle pains, neck cramps, and on bone fractures. It is especially effective upon compound or open fractures, where the bone has split the skin.

An early Greek method of treating leprous sores involved the thistle. The juice of mashed thistle leaves

was mixed with vinegar and applied directly upon the infection. Treatment continued daily until the sores cleared up.

Modern research has incorporated the thistle leaf extracts to experimental medicine, and has shown positive results in the treatment of inflammations, sclerosis, tumors, leprosy, and cancer. Purified extracts have been made into specific drugs in Europe as aids in the treatment of cancer and tumorous conditions.

An antimicrobial study of the thistle leaves shows definite beneficial properties. The active principle was extracted by acetone, alcohol, ether, benzene or water. It exhibited a natural anti-germ ability by limiting and suppressing the growth of gram-positive and gram-negative bacteria, and upon mycobacteria in cultured media.

These are the germs that have caused so much misery, disease, and death, suffered by mankind since time immemorial. They can be found in the water we drink, sewage, and in the soil.

Bacterias can cause sores, boils, infectious conditions, diarrhea, dysentery, pneumonia, fever, and blood poisoning. The mycobacteriums are found in the soil, and have been guilty of causing leprosy, tuberculosis, and other bronchial related diseases.

The flowers and seeds of the thistles have seen use in medicine, too. Flower tea is useful as a wash for infectious sores caused by venereal diseases, specifically gonorrhea and syphilis. An extract of the flowers is very effective upon yaws, a sexually transmitted tropical infection.

A tea made of raw seed powder ingested daily, can remove painful kidney stones from the urinary tract. King Louis XIII of France relied heavily upon this medication and prayer, to cure himself of the affliction. A raw seed decoction boiled with milk is still in use in Europe to treat infant diarrhea.

The thistle has contributed to the life style and to the livelihood of the native peoples who utilize it in their everyday living. In some areas of the world, the lowly prickly thistle is a scarce resource and is greatly sought after for its usefulness.

In the Pyrenees region of Southern France and Northern Spain, it is common to see thistles being utilized as landscaping plants. (Continued on page 48)

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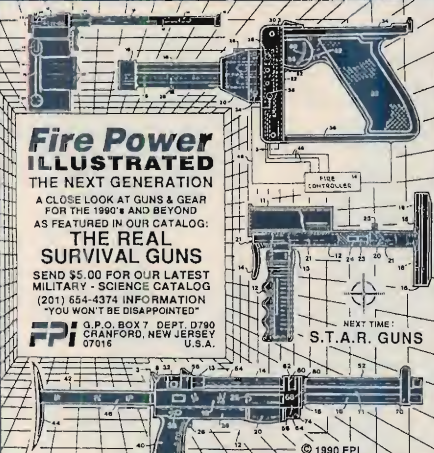
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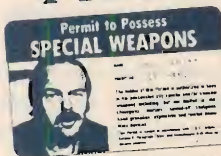
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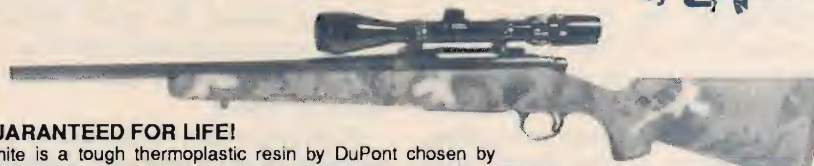
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Thistles

(Continued from page 46)

Country folk like to hang flowering baskets filled with rooted thistles outside the doors or windows of their homes. The thistles are used as storm-warning indicators.

As natural barometers, the blossoms of the thistle have a tendency to droop before an oncoming rainshower or a storm. As the weather disturbance abates, the stems pick up their vigor and return the flowerheads to their erect position.

Dried stalks of the thistle are harvested in multitudes for use as thatching of chicken or livestock sheds. The stems can be used as a fuel for cooking or for warming fires. Stripped of spines, the dried stems were once utilized as hand drills to start fires by friction.

The thistle has seen use in warfare. The straight, dried stems can be despined and smoothed for use with a bow as flaming arrows. These short-ranged thistle-missiles are aimed at thatched houses, storage huts or soft targets to cause conflagration, disrupting an enemy's supply of food, weapons and supportive items.

The fresh stems contain hard fibers that run parallel from roots to flowerhead. Easily pulled by hand from the stems, the fibers can be twisted into a strong twine. The twine is allowed to thoroughly dry for several days before use, if it is to last a long time.

Larger ropes can be made by plaiting long strands of twine. The ropes are utilized as harnesses, tow cables, and as rigging on the fragile sail-powered fishing boats that typify coastal economies of the Third World. Even the sails can be made from cloth woven from the fibers of the thistle.

Sometimes the tough twine and plaited ropes are made into fishing nets and tackles, when other fibers such as hemp or sisal are not available. But before the finished products can be used for fishing, they must be treated to prevent rotting.

The nets and tackles are boiled in a solution made of water and the roots of the leadflower (*Phyllanthus*) or other plants for an hour or so. In this manner, they are preserved from the effects of continual soaking in sea water.

Sails and sail riggings are normally treated the same way before the boat is made ready to sail. Anchor ropes, lashes, and ties are prepared likewise, too.

The stem fibers can be woven into a coarse cloth for use as canvas or as



Harvested roots and stems are peeled first before preparing them as food. Roots can be eaten raw but are better cooked. Stems are delicious raw or parboiled into a vegetable side dish.

ducking. Thick mats, carpets, curtains, and heavy duty storage bags can be woven from the plaited ropes.

Seed down or hairs are very soft, and can be utilized as tinder to catch sparks for starting fires. The hairs are made of pure cellulose and burn readily, as long as they are kept dry. For the best results, the down should be mixed with dried stem fibers or root-bark chips to catch and kindle the flaming sparks.

As noted earlier, the roots and seeds contain a high oil content. A pressure extract of the roots results in a densely saturated oil. The oil can find use as a workshop lubricant, a lamp fuel or as a base for perfume.

A steam distillation of the seeds releases a light or semi-dry oil. It could find use in the production of paints or in local chemical industries.

The thistle has been in use as a flavoring in liqueurs for centuries in Europe and Asia. Easy to make at home, a handful of crushed roots or flowers are added to a half quart of plain brandy, and set aside to steep in a sealed bottle.

After steeping for 36 hours, the flavored brandy is mixed with a blend of hot water and honey in equal proportions. The liqueur should be allowed to age for at least two or three weeks in the dark.

Thistle liqueur is utilized as a tonic to stimulate appetite, and as an after dinner cordial. Served over ice, it has



The distinctive flower of the thistle rises high above its spine-tipped protective leaves. Flowers can be eaten as artichokes.

use as a medicine to ease nausea or the spasms of vomiting. In measured dosage, the liqueur is a gentle tranquilizer.

Remember the prickly thistle when you find yourself in dire need. Learn to recognize it, and you will never be without a friend. It is a ready source of food, drink, medicine, fuel, flavoring or materials to make all the things essential for survival. ●

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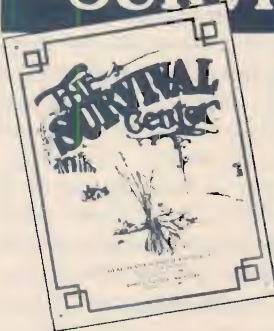
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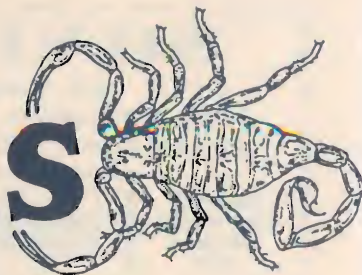
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Dangerous Arachnids:

Scorpions



While some scorpions have comparatively mild stings, others are capable of causing excruciating pain and death...

By Bennett Viken and Robin Sutton

IN 1961, a teenaged Indian girl was brought to a hospital. Sweat poured from her body, her skin felt cold and clammy and she suffered severe chills and a weak and thready pulse. She had been vomiting all the way. It was 10:30 a.m., an hour and a half since a scorpion of the genus *Palamneus* had stung her.

After medication her pulse revived, and she felt better almost immediately. But in a short time the chills returned and her pulse once more weakened. Doctors gave her stronger drugs. She began to sweat again, but the shivering stopped. Throughout her ordeal she remained mentally alert, talking and answering questions. At 9:00 p.m., 12 hours after the sting, she began to have trouble breathing. Oxygen did not help. At 1:00 a.m. she died, foam frothing from her mouth and nostrils like a mad dog.

Admittedly, she would have benefited from antivenin had it been available, but she was not stung by the most venomous scorpion in India, where several species of *Buthus* are considered four to five times more venomous than the *Palamneus* that killed her.

All species of scorpion can sting, some with no more pronounced effect than a bee. Many other species are far more dangerous. Between 1929 and 1951, 69 people died from scorpion stings in Arizona. During the same period, 18 people died from rattlesnake bites in Arizona, the state with the most species of rattlesnakes in the United States.

Elsewhere the scorpion's record is ever deadlier. During the 1940s, Mexican officials recorded 17,750 deaths from scorpion envenomation. In Brazil during the 1950s, *Tityus serrulatus* killed 5 to 20 percent of children each year. In 1957, Trinidad's mortality rate for young children was 25 percent.

Leiurus quinquestriatus killed 50 percent of the children it stung during the 1920s in the Sudan. While the scorpion's sting may be dangerous for humans in all life stages, an alarming number of young children die. This danger means that all parents planning to live in or visit scorpion-infested territory must study scorpion habits to prevent accidents and must learn appropriate first aid in the event their children are stung.

To a large extent it is the scorpion's habits that make it so dangerous. A toxicologist studying scorpion venom once remarked how strange it was that so many of the lethally poisonous species were neither the innocuous burrowers (which seldom stray far from home) or the very large ones that are easily seen.

In North America all dangerous scorpions belong to the genera *Centruroides*, called "tree bark" scorpions because of their habit of snuggling under sheaves of loose bark. Their thin, flattened bodies also enable them to find comfortable lodging in masonry fissures and woodwork cracks. They're small, seldom more than two or three inches long, and thus highly adaptable to human habitations.

Nearly all scorpions are nocturnal. One notable exception is *Pandinus imperator*, the world's largest scorpion, nearly eight inches long, which stalks the shadowy daytime forests of Guinea, West Africa. This habit of nighttime activity sets the scorpion to roaming in search of prey just when human activity is winding down to its least alert phase. Some scorpions patiently wait for prey to pass by the entrances to their burrows, but *Centruroides* prefers the hunt, whether it's his territory or yours.

In your territory he may wander across a wall and try to cross a ceiling. As scorpions have only two claws on the tips of their feet to help in

climbing, finished plaster surfaces will often send the creatures falling into occupied beds. A scientist on a collecting tour in a Mexican village asked the villagers which of the local varieties they thought was the most dangerous. The villagers with one voice named the big dark brown species that lived under rocks down by the river. The deadly one was the slender little *Centruroides* in their thatched roofs.

Other scorpion traits contribute to increased risks. Scorpions don't see well. Experts speculate that they can do little more than distinguish light from dark. They determine the approach of prey through ground vibrations and will often rush to meet the disturbance. This can mean a nasty surprise for a bare foot or a searching hand.

Experts offer conflicting opinions on how long it takes a scorpion to replenish his venom after stinging. Some say it can take weeks; others say less. One to two weeks seems to be the average estimate. Scientists who milk scorpions, using a thin pipette to gather venom while a mild shock from electric forceps triggers muscle contraction, say scorpions can be milked dry. This aspect of venom depletion contributes to another type of behavior. Many scorpions prefer not to use their poison unless driven to by a wildly struggling victim or a pressing attack. They prefer to use their pincers (called pedipalps) to subdue their prey, which, if it consents to being eaten alive, is crushed in powerful jaws (called chelicerae), partially digested into a pulp, and then sucked up like chowder. The larger species, some of which are strong enough to draw blood from a finger, are the most likely to subdue their prey without stinging it. *Centruroides*, however, is small. His pincers are of an impossibly narrow elegance. Most of the time *Centruroides* stings his prey. He'll advance on finger or toe



Centruroides sculpturatus male, left, and female in a courtship dance. These scorpions were photographed in Maricopa County, Arizona, near Gila Bend (Graeme Lowe).


Centruroides sculpturatus female with young scorpions on her back in Maricopa County, Arizona (Graeme Lowe).




with sting held at the ready.

Even in the method of stinging, there's no relief. Many types of scorpions react to the presence of prey or threat with a distinctly three-staged response. First, a "ready" or threatening display, then a grab by the pincers, and, finally, a carefully placed injection of the sting. Since almost every

Scorpions



Hadrurus arizonensis, its tail raised in a defensive posture, photographed in San Bernardino County, California (Graeme Lowe).



Pandinus imperator, the world's largest scorpion, is roughly three times the size of *C. sculpturatus*. This scorpion is native to North Africa and Arabia.

scorpion prefers retreat as its first avenue of self defense, this three-stage response can provide each party the opportunity for a safe, dignified escape, *Centruroides*, however, lashes out indiscriminately with its sting in blind jabs as it scurries back, increasing the chance of a stab into luckless finger or toe.

Centruroides doesn't look evil or dangerous as do some of his bigger and darker relatives. *Centruroides sculpturatus*, the deadly one found in parts of Arizona and with the advent of the camping boom often parts of New Mexico, Texas and Southern California, is a pale yellow, a color often compared to straw. *C. gertschi*, a striped relative, can be found in the same general areas. *C. gertschi* is reputed to be slightly less toxic than *C. sculpturatus*. Its light color, slender body, long, thin elegant legs and scuttling manner can make it seem an interesting, potential plaything to young, unknowing eyes.

First Land Creatures? — Scorpions are extremely hardy creatures. How long they've been around is testimony to that hardiness. Some scientists believe scorpions were the first creatures to crawl out of the sea to live permanently on land, perhaps 400,000 years ago. Scorpions can withstand dehydration that claims up to 30 percent of their body weight — some even more. They've been reported to live as long as nine months without food, sometimes, some species starving for longer periods. Although they will drink water, most moisture comes from the body fluids in their prey. During the day even those who don't burrow get as far from the sun as possible. A few inches of cover can mean life-saving temperature drop in the desert's blast-furnace heat. The scorpion's waxy cuticle prevents loss of moisture through evaporation. Even the fecal matter, a dry grey pellet so powdery it blows away in the wind, is well-adapted to the desert. Not having to eat or drink much means that scorpions do not have to spend much time on the surface where they are vulnerable to predation. Scientists agree that scorpions only need to emerge from their burrows every few weeks for a meal.

A variety of creatures prey on scorpions. From the little elf owl and grasshopper mouse who bite off the stinger

before bringing the scorpion home to their young, to shrews, lizards, snakes, the black widow and other scorpions. The rule among scorpions seems to be size rather than venom toxicity. Little *C. sculpturatus* is easily picked off by his bigger, less toxic cousins.

Scorpions themselves feed mostly on insects and spiders. Some of the larger species such as *Hadrurus arizonensis*, which reaches nearly six inches in length, often will feed on tarantulas, lizards, small snakes and mice.

While scorpions with very rare exceptions only come out at night, one should always observe common sense measures for field safety. Never put your hand into a crevice or hole you can't see into clearly. Be careful around fallen trees and tangles of driftwood. Be cautious around old buildings and caves. Remember that rattlesnakes live almost everywhere that scorpions can be found. And don't make the error many a rockhouser has after gingerly lifting that slab of petrified wood and seeing nothing on the ground under it. *C. sculpturatus* is one of several species that loves clinging to the underside of rocks. Because scorpions are attracted to water in all forms, be careful about picking up a wet towel and take a look before you reach for that cool, wet beer. And, of course, don't walk around barefoot after dark.

Although the vast majority of scorpion stings are not fatal, the United States Public Health Service advises that every sting be examined by a physician. This is obligatory where children are concerned. If you or your child is stung, capture the scorpion and take it to the doctor with you. The clue here is that the scorpion can be dead.

It seems that everything written about the stings and bites of small creatures compares the sting to that of a bee. We've both been stung many times by bees and found that each and every sting hurts like hell. In general, however, the stings were not incapacitating. Only one of us has been stung by a scorpion.

It happened when I was in the Army. We were activating a base on the fringe of the Mojave Desert, and I was part of an advance team sent to pave the way. I'd come in after a long day, dropped my boots and fell into my bunk, one of those we'd set up for everyone in a dusty old barrack on the edge of the compound. At reveille I jumped up and foolishly pulled on my boots without shaking them out. I did it so I wouldn't get my feet dirty walk-

ing back from the showers in the latrine. I needn't have worried. The pain I felt was immediate and intense. I broke a window across the room taking my boot back off. The little, dark brown scorpion had hit me between the first and big toe. My first sensation was burning — it felt like someone had placed a glowing charcoal briquette on my foot. Later, it reduced itself to a burning cigarette.

The swelling was almost immediate. I didn't know it then, but that swelling was one of the best signs I could have hoped for. The red bump that grew between my toes formed a watery center, like a small, blistery winter lake atop my low, angry mountain. The entire area was so tender I couldn't walk on it until the next day. It took almost four days for the medics to okay me for full duty.

Don't underestimate scorpions. I've been bitten by spiders and stung by bees, but I've never been hurt so badly for so long as I was by that little scorpion, which was not one of the dangerous varieties.

Hypersensitive people should be particularly wary of these creatures. Allergic reaction to any kind of venom can come on with alarming speed. If you're extra sensitive, take extra precautions at night in scorpion country.

While some scorpions have what are comparatively mild stings, there are some capable of killing. The wide variation in toxicity is unexplained. Scorpion venom is very complex. The venom of some species contains an ingredient called hyaluronidase that helps to spread the poison more rapidly. The first clue indicating more trouble ahead is a lack of swelling or blistering. There is little evidence of the sting from a lethal variety. There is, however, excruciating pain.

Scorpion stings cause a wide range of symptoms that set them apart from envenomation by other dangerous animals. The first sensation will be a burning. Next horripilation, a unique hair-raising and goose-bump raising feeling radiating from the site along the affected limb. If the sting is to be non-lethal, you may still suffer swelling, much discoloration, and shooting, irradiating pain that may last mere moments or go on for days or even recur at a later time.

The first reliable indication that you're in for a rough time is vomiting, which may be accompanied by diarrhea. You may see blood in either. These symptoms mean it's time to

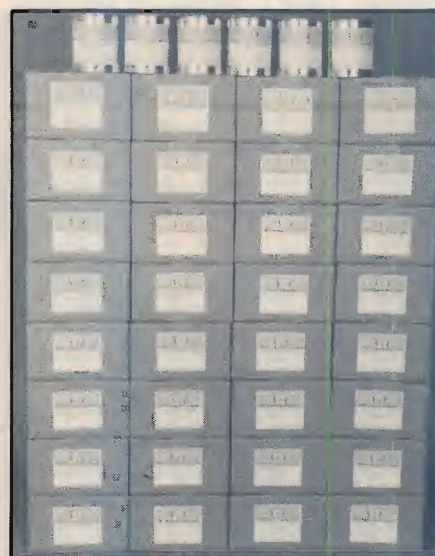
(Continued on page 64)

Hadrurus arizonensis, the giant hairy scorpion, less dangerous and far larger than the sculptured scorpion, shows off his defensive, strutting-threatening posture.

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Prize No. 2 includes the PO 18 Pistol and accessories shown here.

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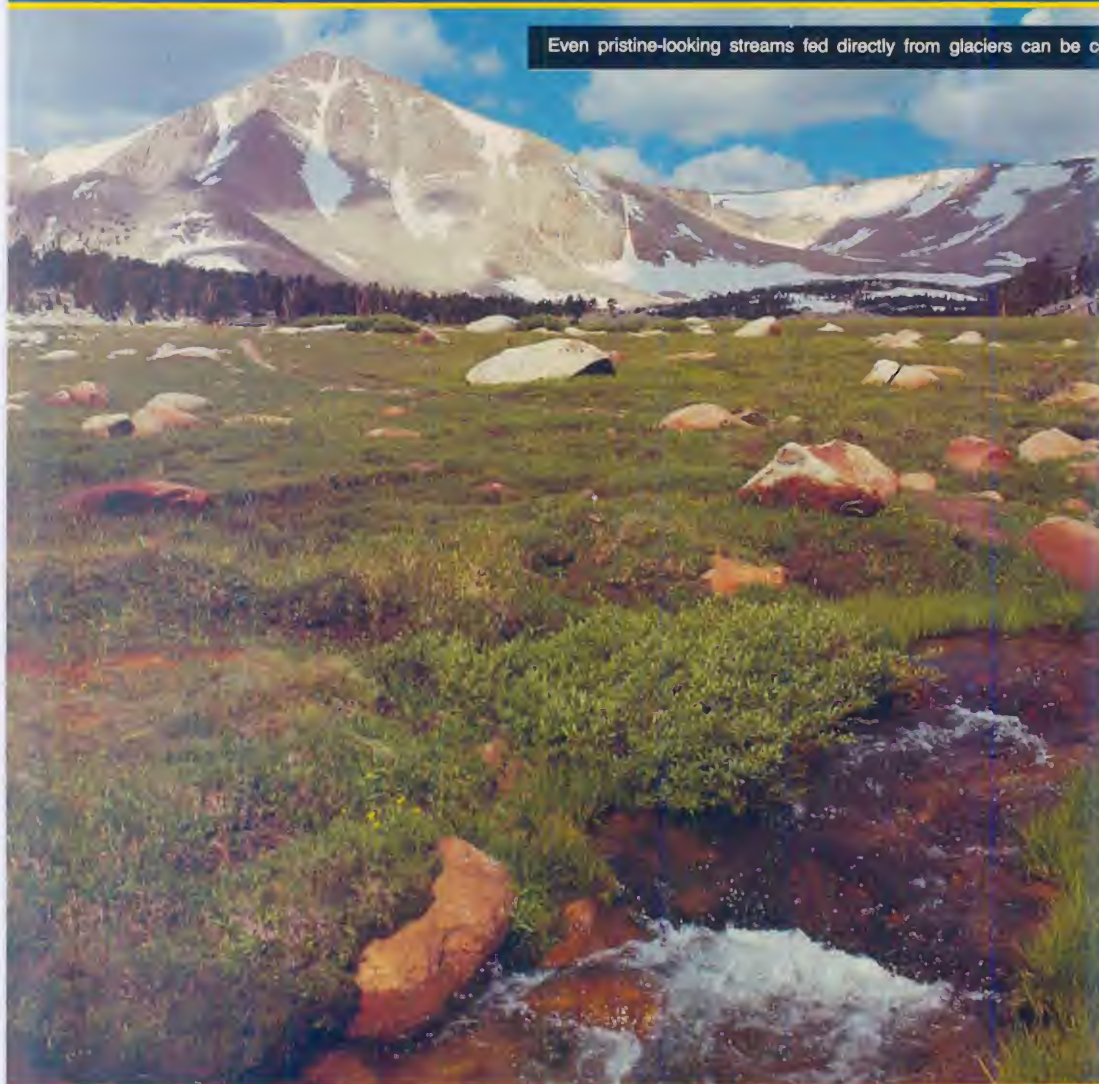
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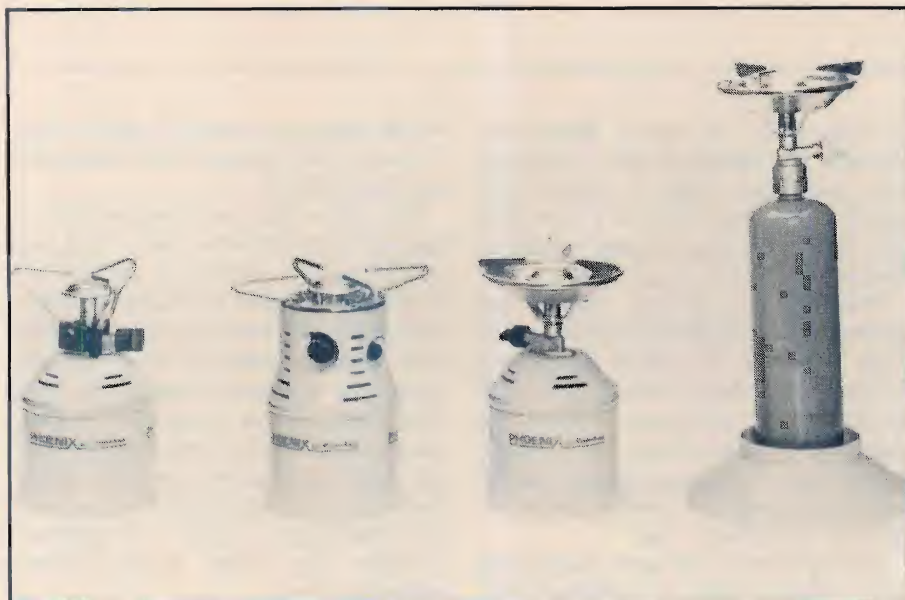
By G.J. Sagi

Even pristine-looking streams fed directly from glaciers can be contaminated with Giardia.



Would you know how to purify this muddy water?





The next generation of stoves is making it possible to boil water anywhere (Photo courtesy of Precise).

AS always, the bottle had migrated to some unknown corner of my pack's bottom. Finally retrieving it, a firm shake only confirmed my worst fear. Hours from civilization and seven miles from a final destination, my precious, life sustaining water supply was exhausted.

Foolishly underestimating the heat and energy I'd use in navigating this old, rarely used trail, I'd consumed both gallons. Now I faced the unpleasant task of either completing my trip without water, or locating a supply along the way.

After a few miles, the trail took a sudden dive into a steep, lushly green canyon. I correctly surmised a fresh spring must empty into the valley, since it was thickly overgrown with vegetation. At the bottom, a stream's tiny trickle led the way to its source.

There, a sizeable pool of water collected below the drippings of a moss covered boulder, filled with waterbugs, algae, and mud. I couldn't help but have second thoughts before drinking the contents.

Miles from anywhere, on a trail that hasn't seen a human for years, the water stood a good chance of being okay. As I filled my bottle, I kept reminding myself of the summer day I once spent years ago on the desert floor, drinking from a stagnant cattle pond. There the bugs were so thick, that I had to strain the water through my handkerchief to keep from drinking them. I didn't get sick then, so why would I now?

I may have made it out, but I spent

the entire next day at home... in the bathroom. Had I been on an extended backpacking trip, my condition very well could have become life threatening.

Today there's no excuse for an outdoorsman to take these kinds of chances with a water supply. Not only do we now fully understand what causes the problem, but many lightweight, easily carried products are readily available to remedy the situation.

All water pollution can be traced to either chemical or organic sources. Most chemical pollutants can be found directly downstream from some sort of industrial complex (sewage treatment plants, etc.), and as such rarely play a part in those dire survival situations.

A major exception to that rule, are those portions of the desert southwest, where arsenic actually accumulates in naturally occurring waterholes. These spots are typically easy to identify, since arsenic is such a fast acting poison. Most of the time, animal bones can be found lying around the area (remnants of the water's unsuspecting victims), and there will never be bugs or vegetation in the water as well. This of course is the reason why the old prospector's saying "if it's fit enough for the bugs to live in, it's good enough to drink," has survived all these years. Avoid water you think may contain arsenic, as there's no practical or safe way for the outdoorsman to deal with it!

By far though, most water problems occur as the result of some sort of bacteria or virus (organic). The source of these contaminants can vary anywhere from decaying plants or animals nearby, all the way to human waste miles

upstream.

When water has been tainted by human waste, *E. coli* is generally the chief culprit. Ingesting water with this microscopic and invisible additive, means that in six to 48 hours, you'll begin to develop diarrhea, stomach cramps, and in some cases nausea. Depending on the individual, you can expect the problem to linger between two and five days.

Giardia lamblia, unlike *E. coli*, is not simply restricted to those areas of human use. It now infects regions of remote, untouched streams, previously thought totally safe for human consumption. Causing a disease called Giardiasis, with similar results as *E. coli*, it's carried instead by animal feces. Since it goes through a "dormant" cyst stage, symptoms can take over a week to develop, and nearly always require an antibiotic remedy.

Another diabolical water-borne bacteria, is called campylobacter, affectionately referred to as "campy." It often causes bloody diarrhea, fever, and excruciating abdominal pain. Again, a doctor must prescribe an antibiotic.

By far, the most effective, and commonly accepted method of avoiding every water induced illness, is boiling. Basically, you should boil it for ten minutes if you're at low altitudes, and for twenty in the mountains (quite simply, this is because the higher in altitude you go, the lower water's boiling point goes). This is definitely one of those things where you can never be too careful. I simply remember 20 to 30 minutes as a rule of thumb.

This will kill the vast majority of the bacteria, though you should always be careful not to recontaminate. Don't put the sterilized water into a cup, that you washed in the stream only moments ago. Remember, it takes very few bacteria to get you deathly ill, since they reproduce so fast.

Remember too, that people have varying tolerances to this type of sickness. On more than one occasion in Mexico, I've developed "Montezuma's Revenge" from brushing my teeth in the same water they drink daily, with no adverse affects at all. Their systems have simply grown used to it, and developed a sort of immunity.

Another proven method of sterilizing water, is the addition of iodine or chlorine several minutes prior to its use (follow the directions on each package, since concentrations between products can vary greatly). Halazone tablets contain chlorine, and for many years have been a popular part of

Muddy Waters

every backpacker's survival kit.

Ideally, all you need to do is add the tablet(s), and shake. The chlorine is released, and the chemical kills the bacteria the same way many water treatment plants across the country do. For that reason, the taste is acceptable, and quite a bit like what you drink at home.

Unfortunately chlorine tablets have a very short shelf life (6 months), so when you buy them always double check the date on the package for freshness. Once they're exposed to air, they also lose their potency quickly. Make a habit of purchasing a new package for each trip, just to insure your safety.

Regular laundry bleach can be used as well, but remember to add ten drops per quart and shake well. Let it stand for thirty minutes after treatment, and there should be a detectable chlorine smell.

One of the major drawbacks to chlorine, is how its effectiveness is dependent on the water's alkalinity. It will also be rendered totally useless, if enough organic material is suspended in the solution. And as with any chemical reaction, the lower the temperature, the longer it will take to work.

Liquid iodine can also be effective, and often is used in concentrations

of four drops per quart. Remember though, it's poisonous if it crystallizes out, and some claim it doesn't kill giardia cysts at all! And you've just got to taste iodine treated water, to believe that taste even exists.

Interestingly enough, one of the newest and most effective tablets available today, is an iodine derivative. Called Potable Aqua. During their 1985 evaluation of sterilizing tablets, the Australian Department of Defense called them "the recommended tablet, because it is effective under likely conditions of military use."

During those same tests, they found that "High levels of reducing substances are capable of lowering the efficiency of all the water sterilizing tablets. The results of these trials show that Potable Aqua are the least affected." They go on later to describe how acceptable the taste is, but for the average civilian, in anything other than a survival situation, use the tablets only if you need to!

They also made an observation that I've never heard before. "The addition of ascorbic acid in coffee or fruit drink powders will inactivate the sterilizing tablets. Therefore it must be emphasized that fortified beverages should not be added to the treated water until thirty minutes after the addition of the sterilizing tablets." In other

words, once you treat the water, wait at least a half an hour before you add anything else to it.

The last widely accepted method of treating questionable water, and one that's quickly growing in popularity, are filters. Capable of taking virtually everything out, more expensive models even include charcoal elements designed for extracting pesticides, and other more active chemicals. In particular, First Need's purifier comes with just such an element, oversize pump handle, and conveniently long suction and discharge nozzles. An optional prefilter even helps prevent those annoying clogs.

The absolute top of the line filter today, is the Katadyn. Their best model can extract all cysts, bacteria, and parasites larger than .02 microns. And there's not much swimming around that's smaller than that.

One of the biggest drawbacks to a filter, is the amount of time it takes to process the water. First Need may be one of the most efficient, but it still takes 90 seconds to purify one quart of water. While that may not sound like too much, consider the fact that you must concentrate on the job constantly, unlike tablets. And if you're purifying for an entire camp, or a day's supply, it fast becomes a time consuming chore.

They also cost quite a bit more than a bottle of tablets. Fortunately though, if you get one with cleanable screens, or replaceable elements, the cost drops to just about the same (after you've made the initial investment that is). There are even a few companies producing efficient models, that are no larger than a straw, and are used just like one. But if conserving pack space is a prime consideration, it's awful hard to beat the tablets.

With technology finally catching up to the backpacking craze, there really is no good reason why you should ever worry about your water. If nothing else, the new lightweight backpacking stoves provide an extremely efficient method of boiling, even in the worst of conditions (the Coleman Peak One for example only weighs in at two pounds).

The only absolute, foolproof method of insuring a quality water supply, is to carry enough with you. But for those few times, when you do run out . . . well, you don't have an excuse anymore! ●



First Need's prefilter simply attaches to their big filter, helping prevent those all too frequent clogs. It can easily be cleared by simple back flushing (Photo courtesy of First Need).

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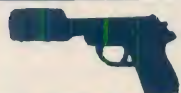
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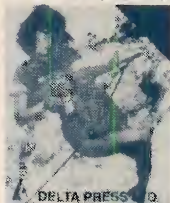
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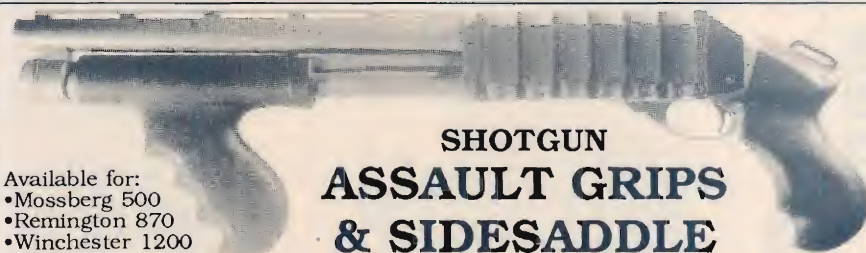
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Survival Guide Index 1982

The following index is organized according to our present Table of Contents format: weapons, gear, health & food, environments and living, and how-to. The years 1986 through 1989 will appear in the May issue. Each December issue will now contain an index for the preceding year. — The Editors

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Scorpions

(Continued from page 53)

start worrying.

You may also experience muscle cramps, particularly in the abdomen. Or you may feel that you're strangling. Children may suffer convulsions. And you'll probably have sneezing fits, a common affliction for people handling scorpions in labs. You'll sweat and slaver. Your eyes will bulge and water, and your sight will be impaired. Your temperature and pulse will rise and fall erratically. Breathing and all bodily functions will seem to be out of control. Your heart may be damaged, and you may suffer pancreatitis (pancreas inflammation). Death often results from respiratory failure.

But the physical trauma associated with a scorpion's sting, is not the only problem. The sting can also cause interesting psychological stresses to compound your misery. Early on, you may feel quite agitated. You may become violent. You will undergo acute depression, which may descend into profound anguish. Many experience priapism, a heightened sense of sexuality. Such symptoms are directly caused by the venom itself.

All of these symptoms, mental and physical, can vary greatly in times of onset. Death can occur in a few minutes or take as long as 30 agonizing hours.

Yet another element of difficulty arises to compound an already horrific picture for the unlucky sting victim. Scorpion stings are notoriously prone to relapse. Even when all signs of difficulty and distress abate and the patient seems fully recovered, a complete reversal can still occur. One doctor who studied this phenomenon found that out of 17 cases of relapse, 13 died.

Treatment — Treating a scorpion sting is tricky business, which should be left to medical experts. The administration of antivenin at the earliest possible moment is a crucial factor in life-threatening incidents. If, however, you have some distance to travel before you can be treated professionally, treat the sting as you would a snakebite. Acupuncture or laceration at the sting site are recommended. Be sure to read up-to-date first aid literature so you do not damage underlying tissue. Suction

should also be applied. Cold, in the form of ice packs, to slow the mechanisms spreading the venom should be used. Don't use a tourniquet unless you know the rules on tightening, loosening and movement by swelling or discoloration. Do not administer any sedatives. Demerol and morphine are known to aggravate the symptoms.

If you should be in an isolated area but have access to either specific or polyvalent serum, the rule to follow is that no dangerous scorpion can inject more than two milligrams into its victim. Therefore, all serum doses must be a quantity sufficient to overcome that two milligram amount. Instructions will come with the serum, which should take five to 10 ampules. All the serum must be applied at once — half intravenously and half sub-cutaneously or inter-muscularly.

While you will certainly do everything you can to avoid being stung in the field, sometimes the problem can literally walk in the back door. An important characteristic to distinguish *C. sculpturatus* and *C. gertschi* from their less venomous cousins is how they carry their tails. The more harmless varieties like to carry their tails arched over their back. *Centruroides* species like to carry the tail curled alongside their bodies. But all scorpions will assume a tail arched position when threatened.

A few years ago scientists discovered that scorpions cannot strike down. The scorpion must bring his tail over his head, and then whip the sting up into his victim, indicating that if you find a scorpion crawling on you, your best course is to let it crawl off. If you can't manage that, then brush it off. Do not swat at it. In any case, use a newspaper or magazine rather than your hand to encourage the scorpion's speedy departure.

Dense concentrations of scorpions have been known to infest areas, particularly in Mexico. In 1961, authorities in Durango offered a bounty for scorpions. In three months, 100,000 scorpions had been turned in. The bounty was offered for several consecutive years. In each year, the results were always the same.

Unfortunately, scorpions are hard to kill. One survived 20 minutes in a cyanide killing jar. *C. sculpturatus* can survive total immersion in water for three hours. Fumigation has little effect

on them. Some poisons work but are dangerous to use around small children and pets. A kerosene solution of pyrethrum at 0.15 percent will kill *C. sculpturatus* in 20 minutes. Clear creosote can be sprayed effectively. California's Department of Agriculture recommends 5 percent deodorized malathion or 1 or 2 percent Sevin (carbaryl), or dust containing 10 percent Sevin. Keep children and pets away from these poisons.

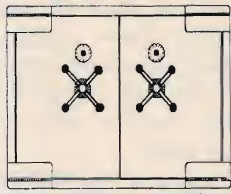
The best way to discourage infestation is old fashioned good housekeeping. Remove brush piles, discard old newspapers, fill in suspicious holes, and keep outdoor areas free of litter and debris. One area of special concern in the cordwood for your fireplace, *C. sculpturatus* is called the "tree bark" scorpion because he likes to sleep under loose bark. In scorpion country check shoes, clothes and bedding before hopping in. You may want to consider cementing a row of smooth, glazed tiles around your house. Set about an inch above the ground, such tiles can be an effective barrier against scorpions. You may want to consider training your cat to catch scorpions. They seem to be immune to the scorpion's sting.

You may want to check out your house and grounds to see if you have a scorpion infestation. In the 1960s, scientists discovered that scorpions fluoresce under black light. Black light tubes to fit most battery powered fluorescent lanterns are readily available. Take the lantern out on a dark, moonless night and shine its beam away from you. Be careful to avoid looking at the lighted bulbs. Your scorpions will glow an eerie, bright turquoise in the ultra-violet. You will need to repeat your search for several nights. Scorpions do not need to come out and hunt every night. They may not eat for a week or two. Some species hibernate for certain periods each year.

Who knows? You may even change your mind about scorpions and decide to keep the most exotic pet on the block. Some species live four, five or more years. They take well to life in terrariums, but may drink a surprising amount of water. Do take care in feeding your pet. Many scorpions go through periods of dormancy, during which the cricket you've meant as a meal for your scorpion may make a meal of the scorpion instead. ●

Centruroides sculpturatus, the sculptured scorpion, just two inches long, is the most dangerous scorpion in the United States.

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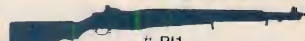
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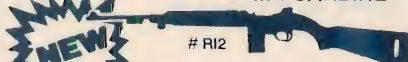
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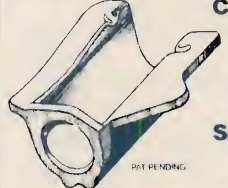
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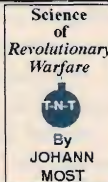
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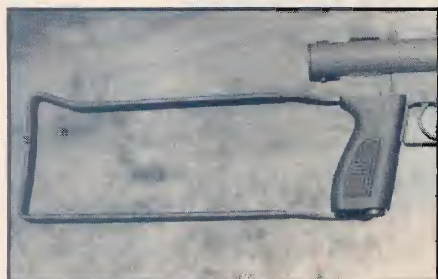
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MK 760 Carbine & Sub Gun

(Continued from page 24)



The select fire MK 760 is easy to control in full automatic fire with minimal recoil.



The folding stock and minlon pistol grip.



Ventilated barrel shroud protects the user from the hot barrel.

molybdenum and carbon in it.

The pistol grip is made of glass filled nylon, referred to as Minlon, which is weather resistant. An investment cast anodized aluminum grip is optional. The standard 36 round magazines are heli-arc welded from spring steel and heat treated for strength and durability. MK Arms also makes 14 and 24 round magazines for the guns. Swedish M45 magazines are interchangeable with the MK Arms guns but may require some slight modification to function well in the MK guns.

The sights are fixed with protective wings and are a front post and rear aperture. These are quite effective for the close ranges this type of weapon is meant for shooting with. The guns have a zinc phosphate parkerized grey coating which makes them very corrosion resistant.

The selector/safety switch on the MK guns is located on both sides of the receiver for ambidextrous operation. The safety rotates a cam which blocks both the trigger and sear.

All parts are warranted against

defects in materials or workmanship to the original purchaser for one year. MK Arms manufactures the select fire weapons for sale to police and military personnel but also has some of these firearms made prior to the 1986 law prohibiting manufacture for sale to civilians which can be sold to authorized civilians. The semiauto firearms are available for sale to the general public.

We test fired two of the MK 760 sub-machine guns (one with an optional matte black finish fitted with an Aim-point sight) and the semiautomatic carbine with Mike Ruplinger and Pat Potvin of MK Arms.

We set up paper targets about 30 yards away and fired both the sub guns and the carbine from this range without use of a rest, from standing and kneeling positions. We used Egyptian surplus full metal jacketed 115-grain 9 mm ammunition. MK Arms recommends the use of standard military ball ammunition in its guns and recommends against the use of handloads. We did not test fire any hollow-

point ammunition but other shooters using hollowpoints have reported mixed results. The guns were designed to function with the ball ammo and we had excellent results with the Egyptian surplus stuff.

We found both types of the MK 760 to be robust, reliable and accurate guns. The carbine, with its longer barrel, is obviously the more accurate and provided a tight group at 30 yards with shoulder aimed fire. The submachine guns are easy to control with their light recoil and are also quite accurate, in our opinion, for weapons of this type.

We experienced only a few jams in the hundreds of rounds fired with the sub guns and all of these we attributed to use of Swedish K magazines, which, once removed and replaced with MK Arms magazines, allowed us to continue firing without further problems. There were no jams or other malfunctions experienced with the semiauto carbine.

The MK 760 firearms are easy to field strip and reassemble. They can be disassembled and reassembled in a couple of minutes without tools. There are only a few moving parts to worry about in stripping for cleaning and maintenance. The guns are advertised as being resistant to fouling from sand, mud and water. The receiver has six internally broached grooves to allow dirt or other grime to escape without interfering with firing.

Our estimation of the MK Arms guns is that they are excellent for a variety of uses from home defense and recreational shooting to law enforcement and military operations. ●

MK 760: Tech Specs

Caliber	9 mm Parabellum (NATO)
Operation	blow back
Type of fire	. . . selective:	semi-auto, full auto
Cyclic rate	approx. 720 rpm
Lengths:		
Stock folded	20¼" (carbine 28.25")
Stock extended	30½" (carbine 38¾")
Barrel	8" (carbine 16")
Weights:		
Unloaded	7¼ lbs. (submachine gun)
Loaded	8 3/4 lbs. (submachine gun)
Magazine capacity	36 rds., 24 rds., 14 rds.
Sights	protected fixed front post; protected rear aperture
Sight radius	approx. 11"
Price, suggested retail	\$1,195;
		\$575 for carbine
Manufacturer	MK Arms, Inc., Dept. ASG, P.O. Box 16411, Irvine, CA 92713; (714) 261-2767

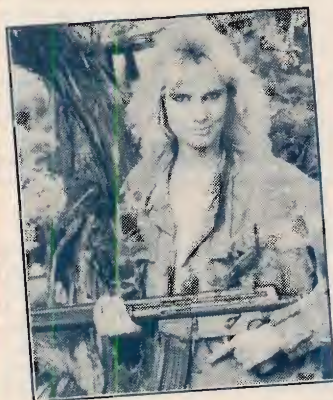
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THIS IS A CONFIDENTIAL listings of survivalists who wish to become known to others of like mind. *American Survival Guide* will accept properly coded mail and forward it to the coded addresses without charge. *American Survival Guide* accepts no responsibility for the contents or results of these confidential communications. Mass mailings are not permitted.

ASG 0401

Seattle, Washington. Survivalist family relocating to area in the spring of 1990. Vietnam Vet, qualified EMT, wife, medical assistant. Dedicated and willing to work.

ASG 0402

Phoenix, Arizona. Wishing to make contact with survivalists in the Albuquerque, New Mexico and Salem, Oregon areas.

ASG 0403

Western United States. 38 year-old, retired military, has truck, camper, ATV, tools, skills and equipment. Would like to join group with remote retreat or find individuals to start a retreat of our own. Also interested in limited partnership for summer placer mining and winter trapline ventures. Preference: mountains or highplains, desert, intermountain states. Send resume today to "Sourdough." No commies, gays, hippies or dregs.

ASG 0404

United States. Survivalists trying to form a national network for the purpose of exchanging ideas, information, and any other areas of concern. All letters will be answered. All information is confidential. No commies, Satanists, nazis, or racists need write.

ASG 0405

Texas Panhandle Area. Couple with heavy medical background (also background in tactical law enforcement, fire fighting, rescue, etc.) wish to correspond with others for exchange of information and possibly starting a small survival group in the tri-state area. We don't wish correspondence with racists, commies, Satanists or extremists.

ASG 0406

Green River, Wyoming. Survivalist family looking to start a group with other families and individuals. Age or sex no problem. No racists, gays, druggies, pacifists or New Age. Time is short. All serious letters answered.

ASG 0407

Salem, New Hampshire. 37 year-old single male is interested in joining or starting a survival group in the New Hampshire area. Not an ex-military type but have had firearms training and law enforcement background. Have many skills and literature on survival. Also a realistic approach to survival.

ASG 0408

Chattanooga, Tennessee. Survival club being formed. Families with children welcome. Learn to survive in the city and woods, meet folks of like-mind and have fun and friendship while learning. Non-political. Please no extremists of left or right. Send SASE and phone number.

ASG 0409

Mathews, Virginia. Young Christian family looking for group/correspondence in area and nationwide. I'm pro-gun, FFL dealer with wealth of 2nd Amendment info. Low profile, exchange info, ideas, knowledge and abilities. Sincere only need write. No freaks or anti-Americans.

ASG 0410

Northwest Ohio, Lower Michigan. Seeking hard-core, gung-ho individuals to form an elite survival group. Group will undergo tough, physical missions. Highly motivated individuals age 18 to 35. Present or past military service helpful, but not mandatory. Contact if interested or send letter of intent.

ASG 0411

Dallas, Texas. Survivalist wishing to set up group in the Southwest to build new joint property to serve as vacation getaway/survivalist retreat. Also will correspond with all compatible interests, sharing ideas, info, all responses acknowledged.

ASG 0412

Greensburg, Pennsylvania. Looking to start survival group and military group for action in the future when the time comes. If you are sick of imports being dumped into this country, and dedication to the United States of America is number one, we need you to be ready for anything

that comes our way. The United States is being sold to other countries. Families and singles are welcomed. No anti-Americans, gays, commies, or racists. Only serious Americans need answer. We need a place to train and hold meetings.

ASG 0413

Soldotna, Alaska. 39 year-old survivor, Army medic for eight years, ex-Special Forces, one year in Vietnam, hunter, fisher, survivalist. Would like to contact people, male or female, families or singles with resources and equipment to help establish survivalist group here in Alaskan boonies. Don't kid yourself into thinking you will "survive off the land" in the lower 48 states. I moved here because of that fact. No Rambos, John Waynes, heavy drugs, alcoholics, crazies or lazies.

ASG 0414

Columbus, Georgia. Beginning survivalist wishes to join/create local group/network. All serious inquiries from anywhere answered.

ASG 0415

Central Texas Area. If you're interested in martial arts, self-defense or survival, our group might be what you are looking for. No experience is required for membership. We want members that are serious about learning what we have to offer. Please write for more information. All inquiries will be answered.

ASG 0416

Washington D.C. Anyone working in the metro area that would be interested in joining a discussion group during lunch time to discuss items of interest to the survivalist, and what you would do if you had to evacuate the city.

ASG 0417

Tucson, Arizona. 35 year-old white female interested in hearing from people who are land co-oping (especially in the southwest) or who would like to. I'd like info on earth changes, international and political affairs, the new underground, science, technology and protecting privacy. Adventures of the mind and body. More training in weapons, survival, medicine, etc.

ASG 0418

Pulaski, New York. Hi! Please write and help me learn. Beginner survivalist, 31 year-old mother of two, wishing the best for the world but wanting to be prepared for whatever happens. Information on survival groups, training, raising children as survivalists, your opinions and experiences would be appreciated. Ex-armed forces, language training, fast learner, working toward self-sufficiency. Please, pro-American. No romance seekers or fanatics.

ASG 0419

Anchorage, Alaska. Husband and wife team already part of a small survivalist group. Would like to hear from or correspond with others, groups or individuals, with same interests. Will respond to all who write. No commies or gays.

ASG 0420

Eastern Iowa and Midwest. Survivalist wishes to form survival group in Iowa. Would also like to write and meet others from all over to exchange ideas.

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Hanford Initiative

The Second Amendment Committee of Hanford, California, is re-introducing its California Constitutional Amendment Initiative for the third and last time in order to protect our (not the government's) right (not privilege) to keep and bear arms. This amendment gives us another opportunity to try again and it is something that everyone who is either pro-gun or a constitutionalist can support and vote for no matter which political party they belong to. With initiatives there are no votes to be split up as in the case of candidates in a primary election or a multi-party general election. Nor are issues confused by other issues such as with candidates. (example: a pro-gun woman voter might vote against a pro-gun candidate if his position on abortion differs from hers, but both the pro-life and the pro-choice voters will vote for the pro-gun protection amendment.) Also, pro-gun Democrats, Republicans, Libertarians, American Independents and Populists will all vote for this amendment while divided amongst several candidates. The big gun organizations that are not supporting this S.A.C. initiative are saying that we should just concentrate our efforts into electing pro-gun candidates. The problem with that is that there is too much vote splitting in our five party state and there are no after primary (run off) elections. Too often I have seen a gun prohibitionist candidate win because our side has been divided amongst several pro-gun or constitutionalist candidates. We must not repeat these same mistakes and as the slogans say: "Don't put all of your eggs into the same basket" and "We must all band together or we will all hang separately." The good news is that this measure is also a referendum to repeal all of the bad gun prohibitions that prevent us decent law-abiding citizens from protecting ourselves against dangerous criminals, subversives or other evil doers. We urge every voter to join us in the last chance fight to save America and California now, before it's too late and it's lost forever. In order to qualify this measure for the November 1990 ballot we must receive these petitions by the 15th of March. Please write out two checks today (not tomorrow). Support the Second Amendment Committee, sign, circulate and distribute the Hanford Petitions and join APRA now! Contact: Second Amendment Committee, American Pistol & Rifle Association,

MAIL CALL

California Chapter, P.O. Box 1776, Hanford, CA 93232; phone (209) 584-5209.

Elliot Graham
Founder of APRA

This issue will be in the hands of many subscribers and will be on sale in many places by early March. Those Californians who wish to sign and circulate petitions have only until March 15!

Survival Tool

While your magazine is about survival tools and concepts, you may not realize that it is in itself a survival tool. What I discovered riding alone in a Metrorail car in Washington, D.C. may help other women. Two young men were escalating their harassment of me. Since I am 5'6" and female, having one sit behind me and one next to me was alarming. I pulled a copy of your magazine out of my briefcase, opened it to the most graphic photographs I could find, and started reading quietly. After reading over my shoulder, or maybe it was just the pictures, they went to the other end of the car and got off at the next stop. I have no idea who they thought I was but your magazine effectively defused a very dangerous situation. Thank you for your help.

Name Withheld
Arlington, Virginia

I just wanted to write to tell you what a fine magazine you have established. Your articles are well written and informative. Your Survivalist Directory has allowed me to meet and contact dedicated survivalists which has, in turn, taught me a lot I did not know. We may some day owe our lives to the information we pick up in ASG. I see letters every month in Mail Call urging readers to contact their congressmen about gun control laws and other problems we, as Americans, face. Please keep telling the public to stay in touch with their government. It only takes a few minutes to sit down and write. One extra letter could very well make a difference in a congressman's decision on an issue. My wife just bought me a subscription to ASG for Christmas (I had been buying it on the newsstand) and it is in my opinion the

best present I received. I'll say again what I am sure you have heard before, thanks and keep up the great work.

Frosty Wilson
Durham, North Carolina

Product List

I enjoyed reading the informative article by Dr. Dvorchak on "Preventing Cold Injuries" (Dec. 1989). I was a bit disappointed however in that a listing of where a reader could obtain the products mentioned was not included in the article. Unless one has a very good supply store available nearby, it is nice to be able to contact the manufacturer to find out where the products can be purchased. Such a listing would have made the article complete.

Jeff Albert
Bethlehem, Pennsylvania

Here are two companies with excellent catalogs featuring outdoor clothing for severe and moderate weather: Patagonia Mail order, Inc., 1609 W. Babcock St., P.O. Box 8900, Bozeman, MT 59715; (800) 638-6464. Cabela's, 812-13th Ave. Sidney, Nebraska 69160; (800) 237-4444.

Media Relations

In what seems a media war on the Second Amendment, some of us have become unwitting allies of the anti-gun movement. While we stall, dodge and ignore the press (until it bites us in the tail), people like Luis Tolley of Handgun Control Inc. actively court the media. It's no longer enough simply not to cuss out liberal editors or write dorky letters calling them "commie-loving wimps." If we have few friends in the media it may be because we have not made enough effort to be friends with them. HCI has excellent media relations. Tolley talks to any media representative from the New York Times on down to some junior high school weekly in Shafter, California. He's astute enough to realize that these fledgeling reporters will remember who helped them meet their deadlines "way back then" when they're going live on Eyewitness News.

Kenny Fraser
Azusa, California ●

Living Without Electricity

Modern Conveniences:

How long could you get along without power?...

By Rod Tarnow



A hand pump like this one could be an important item among your survival equipment.

TODAY I counted how many electric appliances we have in our home. We have 28 gadgets we use almost every day.

We have TV sets, radio, VCRs, blow driers, refrigerator, freezer, blender, toaster, dish washer, clothes washer, clothes drier, water pump, air conditioner, furnace, sump pump and a microwave. Whew! And that does not include all our lights or any power tools in my work shop. Kind of frightening isn't it?

In our age we depend on these modern conveniences, but in a true survival situation we will not be able to use them. Today survivalists should learn to get along without any electric driven items, perhaps for an extended period of time. If only we had listened to our grandfathers and great grandfathers about the "good old days."

We have all been in a situation when our power was off for a short time. But what would we have done if it did not come back on? How long could you get along without electricity? Not very long if you're like most folks, but it is not that bad if you know what to do and make some preparations.

During a crisis you and your family could be without electricity for an extended period of time. Recently, the officials of our country's power companies were advised by federal authorities to review security procedures at our power plants.

It would not be difficult for a terrorist group to damage and stop the power supply to large parts of our country. A nuclear war or major earthquake could stop our source of electricity. Remember, if the power is off at your home it probably will be off at the local civil defense shelter (If you have one). I feel in a nationwide crisis our local and federal government will not be prepared to supply most communities with sufficient water, food, heat, shelter and everything else we need to live on.

I think a wise person will take precautions to make sure their family will have whatever it takes to get through a major national disaster. The time to start preparing is now!

I realize most people are on a limited budget. Even while trying to prepare for a possible disaster we have to pay the rent and make the car payment. We must determine our needs and put them in order of importance.

Where you live and what time of year it is will dictate if lack of water or lack of heat is your biggest problem.

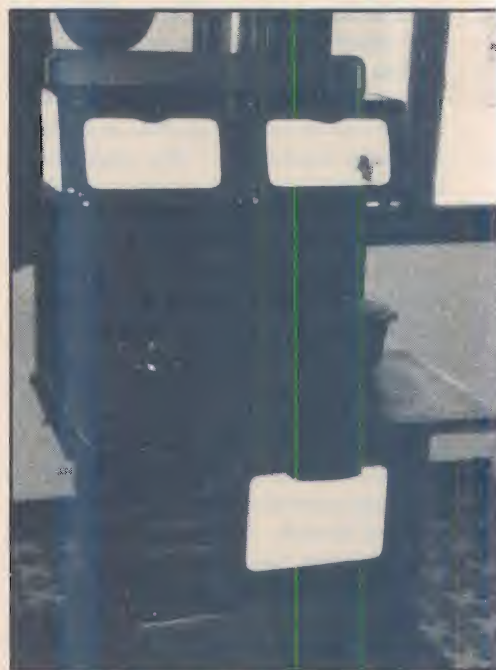
After that we would like to have hot food, hot water. I feel everyone should stock bottled water at home. How much? Who knows? Two quarts per person per day minimum. How many days? I personally believe in a minimum 30-day supply for each person. You can buy bottled water for 39 cents to 49 cents per gallon on sale! I use that word a lot. We are trying to build our supplies as quickly as we can so every dollar counts. In many parts of the country where good water is available in shallow wells I recommend a hand pump. Even if you can not drive an extra well, with two wrenches and a few fittings you can disconnect your electric pump and connect your hand

pump. Do not forget you will need water to prime the hand pump. You must have fittings and wrenches on hand. Your local hardware store may not be open during a crisis situation. I also suggest a portable water purification system. There are many available, some advertised in this magazine.

I think another serious problem would be our loss of heat. If it's July it will not be a problem, at least for a while. Let's assume it's December and you live in a northern climate. Even if you have solar, gas, or hot water heat your unit will not work without power.

If you live in an area where you can get wood I strongly suggest a wood burner of some sort. Watch your local paper for a used stove, go to auctions and garage sales. Be sure your stove is installed *properly* by a *knowledgeable* person.

We read each week about improperly installed units starting house fires. In a real crisis situation you can close off most of your house and live in the room with the stove. A fireplace is not as



A wood burning kitchen range will cook your meals and keep you warm.



An inexpensive camp stove and lantern will go a long way in making your life without electricity more comfortable. Adequate ventilation essential.

efficient as a stove but it is better than nothing. Just remember it takes large amounts of wood to run a fireplace. If you can find one, an old wood cook stove is great because you can fix your meals on it besides keeping warm. When I was a boy at home all we had to cook on was a wood burning kitchen range.

Again some things are not practical for all people. The next best thing, or the first best, depending on how you look at it, would be some sort of kerosene heater. There are some good models on the market, depending on where you live and how big an area you are trying to heat. Keep all fuel outside your building if at all possible. Remember if someone in your family gets burned or if your home catches on fire you will probably not be able to get any help.

Light — I think to maintain a positive attitude in any crisis situation we need light. At least part of the time, especially if we have children. One choice for light is candles. Again you must be careful around children. I suggest you buy regular survival candles. They will last much longer than decorative candles you buy at the supermarket or card store. You can find them in mail order catalogs that sell camping and survival gear, remember you will need matches (windproof/waterproof type are best), and disposable lighters are handy.

There are many fancy "emergency" lights, lanterns and assorted rechargeable units for sale, but remember, these lights will not last long with continuous use. There will be no way to re-

charge your expensive rechargeable light.

A camp lantern is good. Again you must have fuel stored in a safe area. This is always hard in a survival situation. All the items we talk about today will be at a premium.

Remember extra mantles for your camp lantern. We should always have flashlights and batteries available. For our well-being we need to be able to heat our food and water. If you did not get the wood stove, you will need a camp stove. You should use both your stove and lantern a few times as soon as you get them to become familiar with them. Once again, watch for used items in the paper, ads on bulletin boards in supermarkets and laundry mats, go to flea markets and garage sales. Many people buy camping equipment and use it only a few times. Their loss is your gain.

One other thing I want to mention but will not dwell on, is a generator. If you can afford one they are great. However, I do not feel the average family can afford one. If you do have one remember spare parts, tools, and fuel stored in a safe hidden location. In any survival situation fuel will be an item people will go to almost any means to own.

I think one fact that is missed by many survival writers is we do not all live in the country, and all of us were not in the Boy Scouts.

Each one of us must look at where we live. If you live in the city or a built-up area you must plan accordingly. The type of survival items you buy must be realistic.

For some of us if a disaster occurs, evacuation might be best. This brings up twice as many problems. Besides an evacuation plan, you will need a



If there is no electricity to pump your water, then having a portable chemical toilet could solve your waste disposal problem.

place to go. People in this situation need to read as much as they can about evacuation methods in addition to normal survival methods. I feel city dwellers are in twice the peril of country or suburb dwellers.

Most of today's homes are built without thought of outside air cooling the house. During the summer and drought of 1988 most of us would have been pretty miserable without our air conditioning. Without electricity we will not have air conditioning. If you live in a building that you can not survive in during extreme heat you will have to have contingency plans.

One other item you should have in your survival gear is a good battery operated radio with *extra* (fresh) batteries. Depending on your location and the area of disaster, you should be able to pick up some radio stations. Keep your listing to news, weather, and related items pertaining to your survival situation.

These are some of the things you need to think about now! Talk to your grandparents or older people you know. Some of them could help you more than you think. Use your imagination, look around your house, go to flea markets garage sales, auctions, etc. Be careful, compare before you buy, it is important we do not pay too much. Make a list of the most important things you need to buy first.

The one thing that is a real problem without electricity to pump our water is the toilet. During a one or two day problem you can drain water from your hot water heater to flush the toilet. If your heater is gas be sure to turn the gas off first. For a long term situation you need a camp style portable toilet. These are not expensive and use plastic disposable bags. Be sure to have toilet paper on hand.

I encourage you to talk to older people you know. Ask them how they did things "back home." Read as much as you can. I think there is a little pioneer in all of us. Most of the things we talked about in this article are potentially dangerous if you are not familiar with them. If you have not used wood stoves, camp lanterns, candles, etc., you need to have someone help you. All you need is common sense and a little help from an experienced person.

Start today by deciding what your first goal is and start working on it. If we start now our survival knowledge and gear will add up fast. I realize we can not do it all at once, but we need to start now! ●

Mitchell Arms:

Tokarev Pistols

World famous Soviet pistols made in Yugoslavia...



The 88A Officer's Model, top, and 70A Tokarevs.



Results of rapid firing with the Tokarevs from 15 yards.



The .30 Mauser and 9mm NATO cartridges fired in the Tokarevs.

Staff Evaluation

FEDOR V. Tokarev's 7.62 mm Tula Tokarev-TT semiautomatic pistol adopted for use by Soviet military forces in the 1930s and in World War II, is no longer in Soviet service but is still in widespread use throughout the world.

The Soviet 7.62 x 25 mm cartridge is identical to and interchangeable with the 7.63 x 25 mm (.30 caliber) Mauser cartridge. This cartridge has a higher muzzle velocity than the 9x19mm NATO round and better penetration.

Mitchell Arms is now importing high quality Yugoslav-made recoil operated Tokarev semiautomatic pistols into the United States.

There are three models of the Mitchell Tokarevs. The Tokarev Model 57A is chambered for the .30 Mauser round while the Model 70A and short slide, short frame 88A Officers' Model are chambered for 9 mm NATO caliber.

The guns are of all steel construction with thumb operated hammer block and magazine safeties. Grips are grooved black plastic except for the 88A which has stippled European Walnut grip panels. Sights are a front square and rear u-notch, both of which are drift adjustable for windage.

Overall length of the Model 57A and 70A is 8 inches. Overall length of the compact Model 88A is 6.25 inches. Barrel lengths are 4.64 inches for the 70A and 57A and 3 $\frac{5}{8}$ inches for the 88A. Overall height of the 57A and 70A is 5.2 inches. Height of the 88A is 5 inches with inserted magazine with finger extension or 4.5 inches without magazine. The 88A weighs 25 ounces empty and the 70A and 57A weigh 31.5 ounces empty.

In test firing these guns we used new commercial 115-grain full metal jacketed 9 mm ammunition and functioning in all guns was flawless. We obtained very good accuracy with the guns firing from standing positions at targets 15 yards away.

These guns are a modified Colt-Browning design and field stripping is similar to the 1911-A1. The sear and hammer assembly are removed as a unit from the receiver.

The Mitchell Model 70A and 57A Tokarevs have suggested retail prices of \$279 each. The 88A Officers' Model has a suggested retail of \$299. ●

All of the Mitchell Tokarev pistols are well made, accurate and reliable.



The Model 70A Tokarev chambered for 9mm Parabellum has a rich blue finish.



New Officers' Model 88A Tokarev, also chambered for the 9mm Parabellum (NATO) round, is a slender, stylized and compact handgun.



NITRO-PAK:

Low-Moisture Foods

For better nutrition and longer storage life. . .

Low-moisture foods are simple to store and retain over 90 percent of their nutritional value.



Prepared dehydrated foods (lower left) look and taste like the food you normally buy at the grocery store.

The photo (lower right) compares the dried foods with the reconstituted prepared storage food. Flavor and taste is excellent.



DEHYDRATED foods have long been popular with backpackers and outdoorsmen because of their compactness and lightweight. Having grown up in a Scout troop that regularly trekked over 70 miles each summer, I have tasted many freeze-dried and dehydrated meals. All it takes is a whiff of the spices contained in these prepared meals, and my thoughts immediately flood with the memories of altitude sickness — headache and nausea, and a longing for *real* food.

Of course bulk foods don't contain the spices. And when properly prepared, dehydrated foods can actually taste delicious. After doing the photography for the preceding page I actually tried the foods and was quite surprised. The peas tasted like real tender peas, the corn was great, and the fruit cocktail and fruit slices were very good.

Low-moisture foods are the most nutritious and compact foods for a year's storage. NITRO-PAK uses only premium quality foods that have been picked at the peak of their ripeness. They are then slowly dehydrated to remove up to 98 percent of their moisture to prevent spoilage. Most foods

contain 80 to 90 percent water, which in combination with heat, light and oxygen, are the principle causes of food spoilage and nutritional deterioration.

For example, commercial "wet-pack" canning reduces the nutritional content up to 60–80 percent. Freezing foods isn't much better. Freezing causes expansion of the food and the rupturing of the food cell. The result is a nutritional loss of 40 to 60 percent. Dehydration, on the other hand, is done with low heat and circulating air so the food loss experienced is less than five percent.

Storage life for dehydrated foods is approximately eight to 10 years and 10 to 15 years for grains such as winter wheat and white rice. Because each pound of dehydrated fruit or vegetables is the equivalent to eight to 12 pounds of fresh picked food, you can see the advantage of lightweight foods in storing and handling, especially in the event of an evacuation.

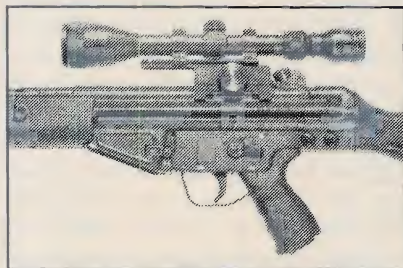
Low-moisture foods are packaged by NITRO-PAK in heavy-duty double-enameled cans. Each unsealed can is placed into a vacuum chamber where the oxygen is removed. When the vacuum reaches 15 PSI, the chamber is flooded with pure nitrogen and then



quickly sealed. This nitrogen environment enables the food to retain its freshness, flavor, vitamins and food value for the longest possible time.

NITRO-PAK offers over 80 different and delicious products and they provide instructions and recipes for quick and simple preparation. Low-moisture foods are excellent for summer cabins, RVs, boaters, backpackers and survivalists. In times of uncertainty and disaster, storage food will be the only "insurance policy" you'll be able to eat! Send \$2 for their informative survival catalog: NITRO-PAK Survival Foods & Supplies, 13243 E. Rosecrans Ave., Dept. ASG, Santa Fe Springs, CA 90670; (213) 802-0099. ●

HK91/93/94 or MP5 (All Variations)



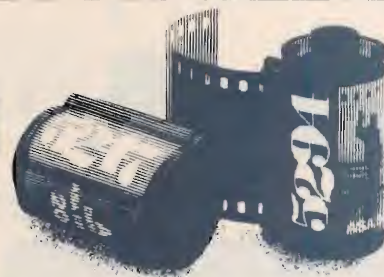
B-Square has a new Military Mount for the HK91/93/94, MP5, etc. — the new mount simply 'snaps' over the gun's receiver and locks with a single knob. It can be quickly removed and replaced without zero change. Also the gun's sights can be used with scope installed. The mount is complete with one-inch (1") standard dovetail scope rings and Military Nato Stanag scopes can also be installed. The standard dovetail also allows Laser and electronic devices to be used.

Suggested list price is only \$99.50, (complete with rings) #14960. Insist that your dealer carry B-Square.



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The bowie knife made by Bill Moran, top, and the Blackjack Knives version.



The 10-inch carbon steel blade is broad and 1/4-inch thick.



The leather sheath that comes with the bowie knife.

Blackjack Knives:

Moran-Warner Bowie

Rio

Grande

style

spearpoint

camp

knife...

Staff Report

THE new Moran-Warner Rio Grande spearpoint camp bowie knife from Blackjack Knives is a production version of the bowie knife made by Bill Moran, founder of the American Bladesmith Society, which is based on the original knife popular among American frontiersmen of the mid-1800s. The large 10-inch carbon steel blade is convex ground from the 1/4-inch wide top spine down to its razor sharp edge.

The point is broad and stout, with only a slight clip grind taper on the top of the blade. The "belly" is a continuous curve designed to cut aggressively at any contact point on the edge. The double guard is brass soldered to the full, exposed tang. Handle slabs are slightly contoured for a better grip and made of premium grade rosewood.

Mike Stewart, owner of Blackjack Knives, does the final sharpening of these blades himself by hand.

Suggested retail price is \$200. For more information contact Blackjack Knives, Dept. ASG, 7210 Jordan Ave., #D-72, Canoga Park, CA 91303; (818) 902-9853. ●

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In Marseille, France, our Designer, a former commando instructor, has developed in cooperation with the 1st Regiment of the Foreign Legion, an effective Combat Dagger based strictly on the French Military mnemotechnic "F.O.M.B.E.C." (Form, Shadow, Movement, Noise, Shinning, Camouflage) too often lacking in so called Combat Knives.

Actually supplied to the French Foreign Legion since 1989, we are pleased to be able to offer these Combat Knives to US connoisseurs in limited supply.

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- ★ Zinc resin coated guard and pommel
- ★ Full Tang
- ★ Razor sharp
- ★ Sheath: Cordura® ABS reinforced for rigidity
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- ★ Shoulder wearing possible
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Most high standard knives loose their color and strength characteristics when re-heated again and again in the field every morning with the "coffee-heating-no-burnt-finger" system... This Dagger WILL NOT.

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